

Directions: Circle the words that best describe you!

BLUE: Positive Personality Traits

YELLOW: Relationship Roles

GREEN: Self-Labels

RED: Negative Personality Traits

PURPLE: Personal Values

I AM:

Caring, Assertive, Moody, Extrovert, Friend, Family

Honest, Friendly, Impulsive, Introvert, Son, Daughter, Faith, Honesty

Strong, Fair, Amazing, Protector, Sister, Sibling, Adventure, Wealth

Funny, Careful, Dishonest, Learner, Brother, Power, Success, Joy

Sensitive, Silly, Kind, Needy, Helper, Partner, Beauty, Health, Art

Outgoing, Smart, Judgmental, Spiritual, Parent, Child, Security, Peace

Dependable, Brave, Immature, Dreamer, Wife, Husband, Strength, Unity

Patient, Calm, Mean, Artist, Leader, Nephew, Nature, Relationships

Unique, Loving, Aggressive, Peacemaker, Niece, Equality, Education

Loyal, Talented, Lovable, Selfish, Thinker, Grandparent, Freedom, Integrity

Independent, Optimistic, Lazy, Communicator, Mentor, Love, Recognition

Communication, Trust

I VALUE: (PICK 5)

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