

Personal Inventory

1. Personal Characteristics

(a) Complete the following sentences:

- I am happiest when I ...
- What I like to do most is ...
- I often wish ...
- The best thing that ever happened to me ...
- At my school I ...
- What I need most is ...
- What I want most is ...
- If I could be someone else, I ...

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(b) Use the list of personal qualities below. Choose ten words that could be used to describe you. From this list choose the three words that best describe your character.

- | | | | |
|-------------|---------------|---------------|---------------|
| accepting | foolish | loving | responsible |
| aggressive | friendly | mature | self-aware |
| ambitious | gentle | modest | selfish |
| brave | giving | nervous | shy |
| calm | greedy | noisy | sociable |
| careless | helpful | normal | strong |
| caring | hostile | patient | stubborn |
| cheerful | imaginative | perfectionist | thoughtful |
| clever | immature | persuasive | trusting |
| confident | inconsiderate | playful | trustworthy |
| dependable | independent | pleasant | understanding |
| dependent | intelligent | quiet | warm |
| disciplined | introverted | rebellious | wise |
| energetic | irresponsible | relaxed | withdrawn |
| extroverted | jealous | reliable | youthful |
| fair | kind | religious | |
| fearful | lazy | resentful | |

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(c) List your best abilities (things you are good at).

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(d) Consider your health conditions which might prevent you from entering certain careers.

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Personal Inventory (continued)

2. Home

- (a) List the names of the places where you have lived, starting with the place you were born.
- (b) How do you feel about where you now live?
- (c) Briefly describe your family.
- (d) What are your parents' expectations with regard to your education and career?

3. School

- (a) Rate your learning skills on the following as good, average, or poor:
 - reading studying
 - listening writing tests
 - writing
- (b) What is your best subject? Most interesting subject?
- (c) What has been your biggest accomplishment in school so far?

4. Leisure

- (a) List your leisure activities.
- (b) What do these activities have in common?
- (c) What personal qualities do you admire in your best friends?
- (d) What qualities does your friend like in you?

5. Work

- (a) List the part-time jobs you have held.
- (b) Describe the housework responsibilities you have at home.
- (c) What do you like about each job?
- (d) What do you dislike about each job?
- (e) What skills have you developed on these jobs?
- (f) How do you spend your money?

6. Conclusion

Complete the following statements. From my personal inventory:

- (a) I have learned that I have the following interests:
- (b) I have realized that I have the following skills:
- (c) I have discovered that I have the following personal qualities.

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Grade 7 Goal: Self-Awareness
Handout No. 1 "Personal Inventory"