How Do Others See You?

Do you see yourself as others see you? We all have a certain image we like to project, which may be close to the actual way others see us or it may be very different.

On the first page of this worksheet rate how you think other see you. You can give copies of the second sheet to people you know to see how accurate your perceptions are about yourself.

What are your best three physical attributes?

____________________     ____________________     ____________________

What three things that make you unique?

____________________     ____________________     ____________________

What are three character traits you consider your greatest strengths?

____________________     ____________________     ____________________

What is something you’d like to do improve about yourself?

__________________________________________________________________

What are three emotions you most commonly feel?

____________________     ____________________     ____________________

What are three words you would use to describe your personality?

____________________     ____________________     ____________________

What are three words you would use to describe your relationship towards other people?

____________________     ____________________     ____________________

What are three words you would use to describe your attitude towards work or school?

____________________     ____________________     ____________________

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Dear ___________________

I’m doing an exercise regarding my self-perception and I’d like you to compare your perceptions to mine. Would you please answer the questions below as honestly as you can?

Thanks,
_____________________

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What would you say are my best three physical attributes?
____________________  ____________________  ____________________

What three things would you say make me unique?
____________________  ____________________  ____________________

What would you say are the three character traits that are my greatest strengths?
____________________  ____________________  ____________________

What is something you think I could do to improve myself?
____________________________________________________________

What are three emotions you think I commonly express?
____________________  ____________________  ____________________

What are three words you would use to describe my personality?
____________________  ____________________  ____________________

What are three words you would use to describe how I relate to other people?
____________________  ____________________  ____________________

What are three words you would use to describe my attitude towards work or school?
____________________  ____________________  ____________________