

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?



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,

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?
