Thinking About Your Self-Image

It's important to take some time to think about yourself, and this worksheet can help you start. Place an "X" on each line below to indicate how you rate yourself on each trait. Now put a large circle around the traits you would like to change. What would you do to change these traits?

Total Slob	**Neat Freak**
Room should be condemned.	Room is spotless…you could eat off the floor.

Hot Head	**Cool Operator**
Get angry about every little thing.	Takes a great deal to get me angry.

Class Clown	**Quiet and Reserved**
I say things that usually make others laugh.	I rarely tell jokes.

Total Jock	**Non-Athletic**
I love playing sports.	I am not the least bit interested in sports.

Pessimist	**Optimist**
I see the glass half empty.	I see the glass half full.

Leader	**Follower**
I have to be the boss.	I never want to be in charge.

Chatterbox	**All Ears**
I love to talk.	I'd rather listen.

My Lips are Sealed	**Gossiper**
I would never spread rumors.	I love to tell "juicy" stories.

Couch Potato	**Health Fanatic**
TV and some junk food for me.	Exercise and healthy foods are a must.