



WHO AM I? Inventory and Analysis Sheet

1. The majority of the time, I am in what kind of mood? (happy, sad, etc.)
2. How would you describe your appearance?
3. How do you feel about how you look?
4. How would you describe your physical condition? (healthy, couch potato)
5. In a social situation, how do you normally act? (Friendly, shy, etc.)
6. How do you see yourself on an intellectual level?
7. How do you see your role(s)? (friend, parent, worker, etc.)
8. What are some experiences that have shaped your life?
9. What do you see as your personality?
10. What is your most preferred learning style?

11. What have been your major accomplishments in life?

12. What expectations do you have for your future?