
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 ...

(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energetic	irresponsible	relaxed	withdrawn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	

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

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

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"