

DEVELOPING A NEW SELF-CONCEPT

Answer the following questions and bring to the next session:

1. WHAT ARE YOUR STRENGTHS? *List a minimum of three things you do well.*

2. WHAT DO YOU LIKE ABOUT YOURSELF? *List a minimum of three things you do well.*

3. WHAT FUTURE DO YOU WANT FOR YOURSELF?

List a minimum of one goal you have for your future.

4. WHAT STEPS DO YOU NEED TO TAKE TO REACH YOUR GOAL?
