

Youth Work Resources

Individual exercise 11

Self Awareness

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There is one person who is present in every relationship that you have – **YOU**.

There is no one in the world quite like you – you are completely unique. But do you know who you are?

HUMAN CHARACTERISTICS

Argumentative	Arrogant	Assertive	Beautiful	Brave	Caring
Compassionate	Co-operative	Courageous	Creative	Cold	Cruel
Closed	Chaotic	Clean	Cheerful	Crazy	Contented
Determined	Dull	Dim	Emotional	Enthusiastic	Fiercely
Frightened	Funny	Grumpy	Good-looking	Generous	Hopeful
Humorous	Heartless	Imaginative	Intelligent	Impatient	Impractical
Intense	Intolerant	Jealous	Joyful	Kind	A leader
Loving	Loyal	Lively	Lucky	Lying	Mean
Meek	Nervous	Noisy	Open	Organised	Patient
Persistent	Practical	Purposeful	Pessimistic	Popular	Proud
Pretentious	Playful	Quiet	Quick-witted	Rough	Resourceful
Respectful	Resilient	Strong	Slow	Sensuous	Sincere
Sunny	Serious	Sweet	Spoilt	Sulky	Sad
Snobbish	Secretive	Show-off	Sociable	Stuck-up	Self-important
Tolerant	Truthful	Thick-skinned	Thoughtful	Thorough	Timid
Trustworthy	Unkind	Unco-operative	Unlucky	Unhappy	Warm
Witty	Wild				

1. **How do you see yourself?** Write the *five* words that you think best describe you

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2. **How do others see you?** Write the *five* words that you think others would use to describe you

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3. **How do young people see you?** Write the *five* words that you think young people might use to describe you.

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4. **What kind of person would you like to be?** Write the *five* words that describe how you would like to be

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