Taking time to reflect on who you are and what you stand for is important in self-management. Reflecting on yourself can help you understand what you need to function in life. Complete this worksheet to get a better idea of who you are!

**What are five of your strengths?**
1. 
2. 
3. 
4. 
5. 

**What are two of your weaknesses?**
1. 
2. 

**My favorite part about myself is...**

**What makes me happy is...**
I am comfortable when...

I am talented at...

What are the three most important things in your life?
1. 
2. 
3. 

What are three things you are proud of?
1. 
2. 
3. 

Reflect back on this worksheet. Be proud of who you are!