

NAME: \_\_\_\_\_

Period: \_\_\_\_\_

Wpts

Points: \_\_\_\_\_

## Intrapersonal Intelligence

Individuals who are strong in intrapersonal intelligence are good at being aware of their own emotional states, feelings and motivations.

They tend to enjoy self-reflection and analysis, including day-dreaming, exploring relationships with others and assessing their personal strengths.

### **Characteristics of Intrapersonal Intelligence**

Good at analyzing their strengths and weaknesses

Enjoys analyzing theories and ideas

Excellent self-awareness

Clearly understands the basis for their own motivations and feelings

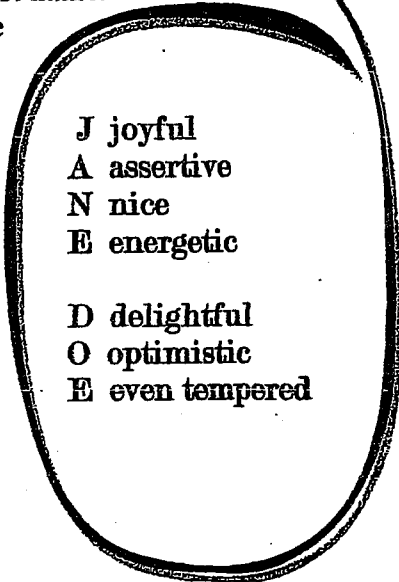
your task: Complete the packet in its entirety to assess your emotional health. Please take your time and answer every part.

# Name Game

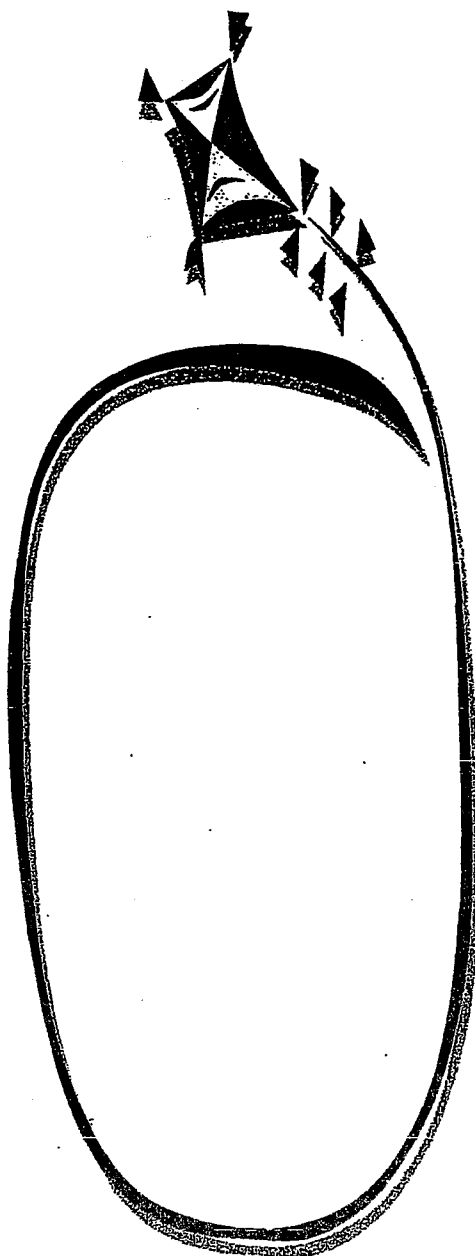
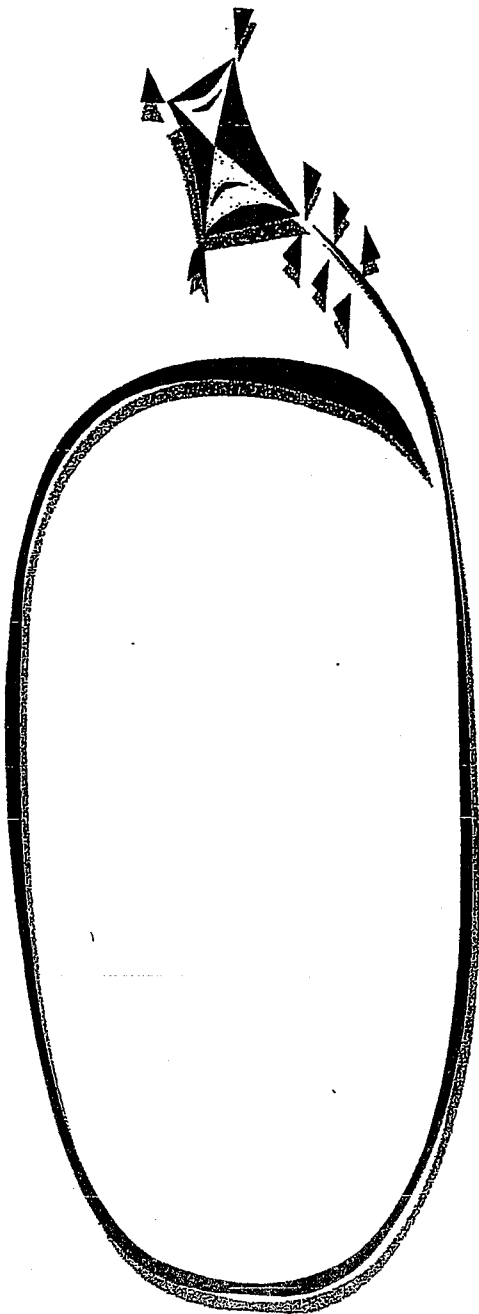
In the one of the blank shapes below, vertically, write your first and last name. Using the letters of your name, create words that express your positive traits. (Refer to the example given.)

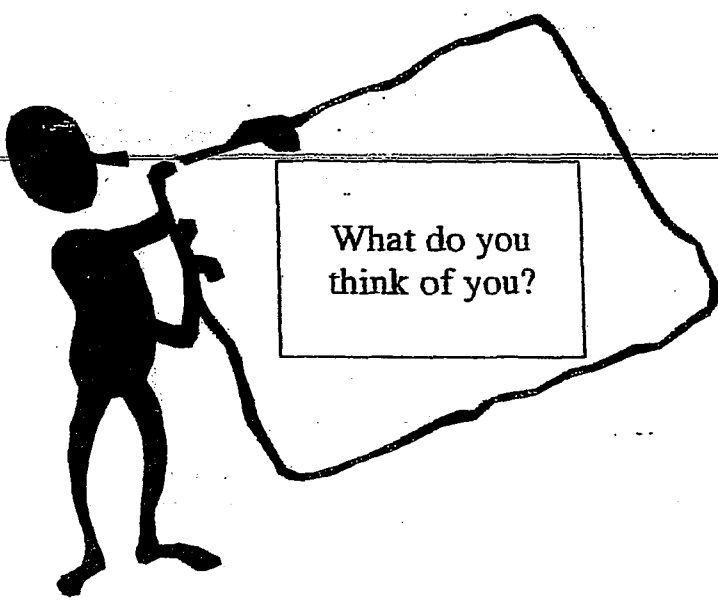
Use the remaining shape to write the first and last name of someone who has influenced your life. Using the letters of their name, create words that express why they have influenced you.

Example:



J joyful  
A assertive  
N nice  
E energetic  
  
D delightful  
O optimistic  
E even tempered





What do you think of you?

Circle the words which describe you.

~~Of the ones you have chosen,~~  
star the ones which you are proud of.

Put an "x" by the ones you wish did not describe you.

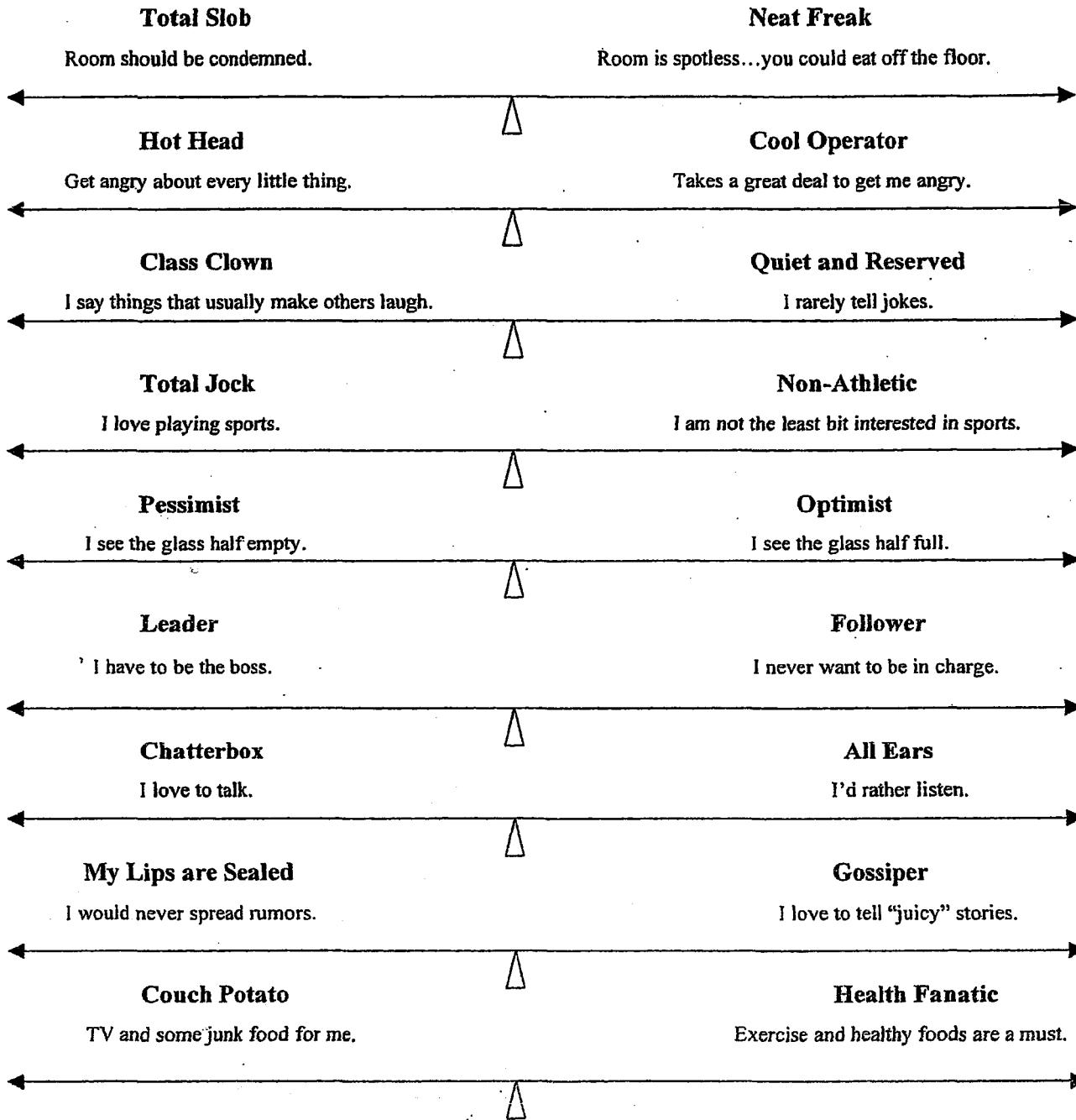
Put an "!!" next to the ones you would like to describe

- |             |              |                |                  |
|-------------|--------------|----------------|------------------|
| capable     | unfriendly   | loving         | disorganized     |
| helpless    | dependable   | unaffectionate | perceptive       |
| meek        | undependable | ambitious      | dense            |
| aggressive  | independent  | lazy           | relaxed          |
| sensitive   | dependent    | realistic      | nervous          |
| insensitive | extroverted  | mature         | modern           |
| angry       | introverted  | immature       | old-fashioned    |
| pleasant    | happy        | creative       | neat             |
| carefree    | unhappy      | uncreative     | sloppy           |
| anxious     | helpful      | organized      | moody            |
| friendly    | unhelpful    | idealistic     | positive outlook |

# Lay it on the line

Self-regard is the ability to respect and accept oneself as you are. Place an X on the chart below to indicate on each line where you rate yourself. In which areas are you satisfied or dissatisfied? What could you do to improve the areas that need improvement?

Note: Balance is the key.

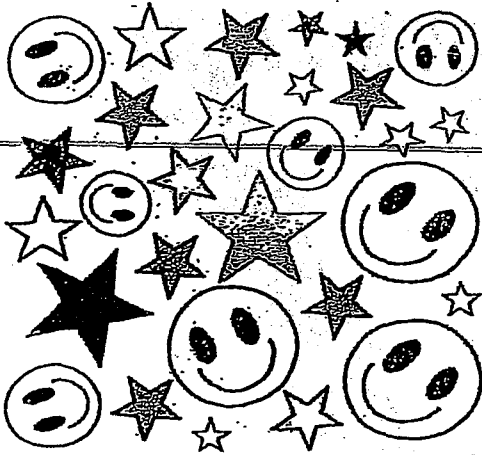


Name: \_\_\_\_\_

Date: \_\_\_\_\_

Pd. \_\_\_\_\_

5pts



Since self-esteem is a feeling, it cannot be directly observed.

However, the effects of self-esteem can be noted by watching people's actions and listening to what they say.

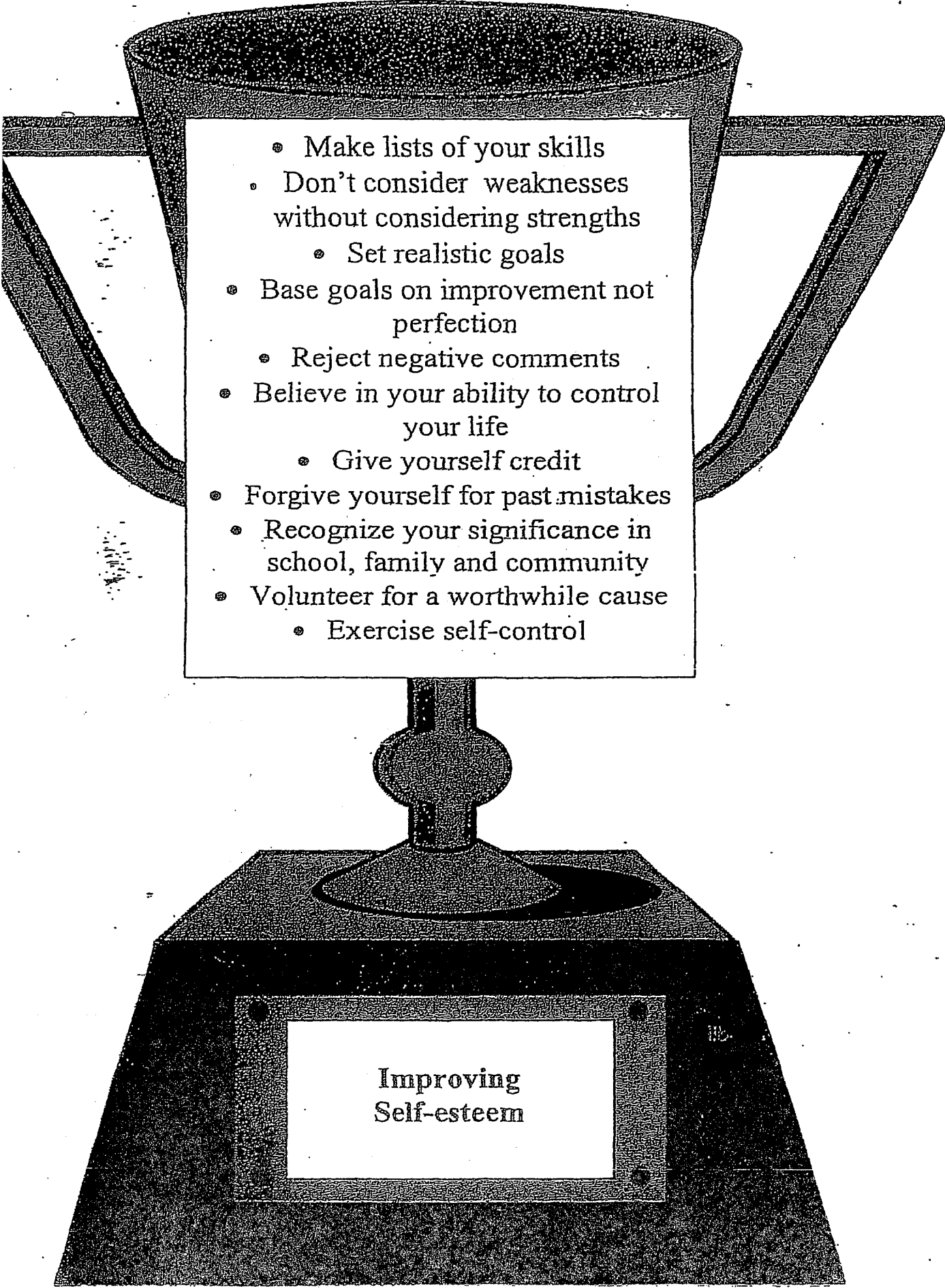
Some key behaviors can help reveal whether a person has high or low self esteem. Circle ones that identify you.

People with high self-esteem:

- are proud of their accomplishments
- act independently
- assume responsibility easily
- tolerate frustration
- approach new challenges with enthusiasm
- feel capable of influencing others
- take positive risks
- resist peer pressure
- set and reach goals
- treat others with respect
- accept weaknesses
- learn from mistakes and can say "I made a mistake, I'm sorry."

People with low self-esteem:

- blame others for their failures
- demean their own talents
- feel unloved and unwanted
- feel powerless
- become easily frustrated
- have no goals
- take unreasonable risks
- avoid challenges
- are quick to point out other's faults
- always have to be right
- think negatively or so optimistically that reality is denied
- constantly overreact emotionally to others

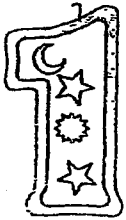
- 
- Make lists of your skills
  - Don't consider weaknesses without considering strengths
    - Set realistic goals
  - Base goals on improvement not perfection
    - Reject negative comments
  - Believe in your ability to control your life
    - Give yourself credit
  - Forgive yourself for past mistakes
  - Recognize your significance in school, family and community
  - Volunteer for a worthwhile cause
    - Exercise self-control

Improving  
Self-esteem

## Conditions of Self-Esteem

you  
are

Sense of Uniqueness: the belief that you are special and different

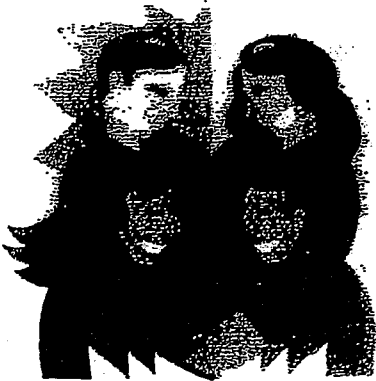


In order to develop a sense of uniqueness, you must receive confirmation from others that your unique characteristics are important and good.

What is one characteristic that makes you unique?

of  
a  
kind

Who confirms this for you?



Sense of Connectiveness: You have the ability to feel a part of and gain satisfaction from other people places or things (ethnic group, class, team, friends, family, places, or activities are examples).

Trust is the foundation to connectiveness

The value of these connections must also be acknowledged by those whom you consider important.

List a person, place and thing you feel connected to.

You  
belong

---



---



---

You  
are  
in  
control



Sense of Power - you believe you have the ability and resources to give your life direction. If you avoid challenges, act irresponsibly and are fearful or anxious you have a diminished sense of power.

List three areas of your life you have control over.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Sense of Models: you have human (real or fictional), philosophical (ideals, values or beliefs), or operational (behaviours learned through repetition) reference points to help you set goals, values, and personal standards.

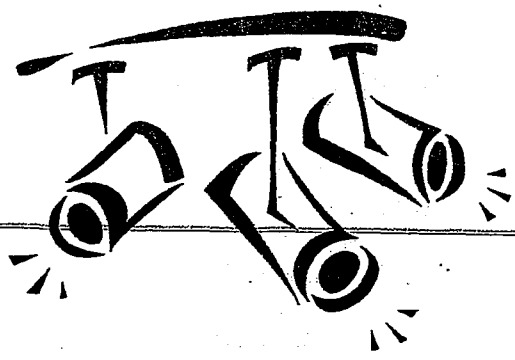
List three models in your life and state why they are important.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who or what  
do you  
look up to?







# Teen Spotlight

Self-actualization is the ability to set goals and feel that you are accomplishing those goals. Using the newspaper layout below, design a newspaper highlighting YOURSELF. Include your greatest accomplishment, a self-portrait of you doing something that you enjoy, headlines, etc. In the box at the top, give your newspaper a unique name.

Headline			
Feature story about Your greatest accomplishment	Self-portrait		Favorite foods
	Favorite songs or groups	Story about your friends	Funniest thing that happened to you
	Personal ad listing your strengths		Your future plans

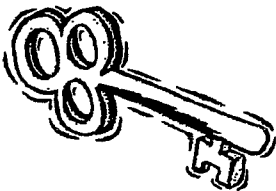


# CONFIDENCE EXAM

SETTING AND ACHIEVING GOALS BUILDS SELF-ACTUALIZATION. THIS HELPS DEVELOP GOOD SELF-CONFIDENCE. PREPARE FOR THIS SELF-CONFIDENCE EXAM BY TAKING A CLOSE LOOK AT YOURSELF. READ EACH STATEMENT THEN CIRCLE THE NUMBER THAT INDICATES WHERE YOU THINK YOU BEST FIT. TOTAL THE CIRCLED NUMBERS AND CHECK YOUR RESULTS IN THE KEY BELOW.

	NEVER	OCCASIONALLY	USUALLY
1. BASICALLY, I AM SATISFIED WITH MYSELF.	1	2 3 4	5
2. I AM HAPPY WITH THE WAY I LOOK.	1	2 3 4	5
3. I AM PLEASED WITH MY RELATIONSHIPS.	1	2 3 4	5
4. I CAN ACCEPT CRITICISM WITHOUT GETTING UPSET.	1	2 3 4	5
5. I KEEP TRYING WHEN THINGS DON'T GO MY WAY.	1	2 3 4	5
6. I AM GLAD FOR OTHERS WHEN GOOD THINGS HAPPEN.	1	2 3 4	5
7. I AM WILLING TO SEEK HELP IF I NEED IT.	1	2 3 4	5
8. I ENJOY THE CHALLENGE OF TRYING NEW THINGS.	1	2 3 4	5
9. I FEEL COMFORTABLE MEETING NEW PEOPLE.	1	2 3 4	5
10. I SET GOALS AND EXPECTATIONS FOR MYSELF.	1	2 3 4	5

TOTAL SCORE \_\_\_\_\_



## KEY

### TOTAL SCORE

41-50 YOUR SELF-CONFIDENCE IS GREAT!

31-40 YOU ARE MOSTLY SATISFIED WITH YOURSELF.

21-30 YOUR SELF-CONFIDENCE IS LACKING.

10-20 YOU NEED TO WORK ON YOUR SELF-CONFIDENCE.

DO YOU HAVE THE CONFIDENCE THAT YOU DESIRE? IF SO, GOOD FOR YOU! IF NOT, MAKE SOME CHANGES AND KEEP TRYING!