

Who Are You.....Really?

If you are like most people, the face you show the world may disguise your true self – or tell only part of the story. Write about who you really are – your hopes, dreams, philosophies, worries, etc.

Getting Started

1. What do you like to think about, read about, learn about?
2. What do you care deeply about?
3. Describe the emotional you. Are you pessimistic or optimistic by nature? How do you feel and show love, hate, joy, sorrow, satisfaction, anger, etc.?
4. What hopes or dreams do you have? What hopes and dreams have come true in your life?
5. What is your most treasured memory? Why?
6. What do you worry about?
7. What frightens you?
8. What kind of adult do you think you will become? What kind of adult would you like to become? If there is a difference between these two possibilities, explain why.