

Grade 7 Literacy
Week of November 23 – November 27

Lesson 3: Personal Inventory

You are going to complete a personal inventory during this lesson to help you achieve better self-understanding.

Improving your self-image, like improving any skill, takes time and practice. Developing good self-esteem involves encouraging a positive (but realistic) attitude toward yourself and the world around you and appreciating your worth, while at the same time behaving responsibly towards others. Self-esteem isn't self-absorption; it's self-respect.

By working from the inside out (focusing on changing your own way of thinking before changing the circumstances around you), you can build your self-esteem. As we've seen, the power is in our mind! The goal of this positive thinking is to give yourself a more positive self-concept while seeing yourself honestly, accepting yourself, and removing the internal barriers that can keep you from doing your best, training your mind to think differently!



After you've completed the inventory, review what you've written and ask yourself what you've learned about yourself. Are you happy with your skills and attributes? Is there an area you need to work on?

Personal Inventory

School Subjects

1. I like _____.
2. I do not like _____.
3. I am good at _____.
4. I am not good at _____.
5. I am good at this subject, but I do not like it: _____.
6. I am not good at this subject, but I like it: _____.

Activities

1. I like _____.
2. I do not like _____.
3. I am good at _____.
4. I am not good at _____.
5. I am good at this activity, but I do not like it: _____.
6. I am not good at this activity, but I like it: _____.
7. I prefer being involved in individual activities _____ or group activities _____.
(Check one.)

Relationships with Friends and Adults (Write yes for the statements that apply to you.)

1. I am generally well liked: _____
2. I am generally not well liked: _____
3. I have a group of friends: _____
4. I prefer having one or two friends: _____
5. I am a leader: _____
6. I am a follower: _____
7. I prefer people who like the same things I like: _____
8. I prefer people who like different things: _____
9. I have the support of significant adults in my life: _____
10. I have the support of a group of peers: _____

Food Preferences

1. I like to eat _____
2. I do not like to eat _____
3. I do ____ do not ____ eat a balanced diet. (Check one.)

Relaxing

1. I relax by _____.
2. I like relaxing alone _____ or with other people _____. (Check one.)

Reflection

What have you learned about yourself?

Are you happy with your skills and attributes?

Is there an area you need to or would like to work on?