

Getting to know you.

Ask yourself these questions; These are an indicator for you just to see how much you know and are prepared to admit about yourself and your attitude to certain situations. Please go with your 'gut' reaction to each question.

Each question has points; please circle the appropriate one for you.

1 = no 2 = sometimes 3 = yes 4 = quite a lot 5 = very much
(this is not a score sheet)

1. Do the opinions of others affect how I feel about myself? 1 2 3 4 5
2. Do I let my feelings get hurt easily? 1 2 3 4 5
3. Do I find it difficult to be myself, especially when there Are more outward going people about? 1 2 3 4 5
4. Do I find it difficult to say no when friends/ peer group want to do something which I know is wrong? 1 2 3 4 5
5. Do I give myself a hard time by criticising myself most of the time? 1 2 3 4 5
6. Am I able to think my own thoughts and have my own opinions even if they are different from my friends? 1 2 3 4 5
7. Am I organised and use my time effectively? 1 2 3 4 5
8. Do I love myself exactly as I am? 1 2 3 4 5

Continued Overleaf.

What Did You Learn?

Did you find some answers interesting? Whether your answers were positive or negative it is good to recognise areas in you that you would like to change and to become more confident about yourself. The book will help you to strengthen your confidence and self esteem and give you the wherewithal to help yourself to change and Achieve and Be anything you wish. Remember, you are the most important person in your life, the most exciting person you will ever know!

Activity adapted from **Teens, You Have The Power!** By Jude Ashworth, available to **buy online at www.achieveandbe.com**



Teens, You Have The Power!

an **empowerment tool for teens,**
By Jude Ashworth

