

# All About Me

If you want to know where you are going you first need to know where you stand. Who are you? What are you into? What do you value and hold dear? These are the questions you are to wrestle with in this section and getting a clearer picture of who you are is the point.

1. **Character Traits** – Who am I as a person and how can I keep tabs on myself? Are you trustworthy? Are you reliable? In this choice you will be working through a personal character assessment in which you rate yourself in many character traits. You will also be able to set goals for yourself.
2. **How Do I Spend My Time** – You get good at what you spend time doing. In this activity you will explore the things you like to do, the things you are good at, the choices you make with your time and why. You will be tracking your day and taking a look at where you spend your time.
3. **Favorites & Hobbies** – What do you do and why do you do it? What is a hobby of yours that you can't get enough of? Choose one of your favorite hobbies and create visual representation of what it is and how it makes you feel. This can include photos of you enjoying the activity, words, magazine clippings, anything that shows your favorite and how you feel about it!
4. **Self-Portrait Activity** – Are you sassy and out there or do you like to hang in the background? Draw or describe yourself from head to toe. Your fashion, hair/eye color, portrait and fill it in with words or pictures you feel describe you.
5. **Cultural Identity** – What are your customs? When you celebrate holidays, traditions, special days or occasions where do you go, who do you see and what do you do? What makes you unique? Feel free to include religion, food, rituals, family values, gender, decorations, anything that helps someone understand your cultural identity. For this choice you will complete a cultural identity web map and then taking a good look at why
6. **Where Do I Stand?** – From animal rights to the cost of school lunch there are always different viewpoints. In this choice you will be exploring your values and ethics. You will be asked several questions and then you pick one and discuss why you feel this way.