

## **SELF-DEVELOPMENT PACKET (DAYS 1 THROUGH 10)**

As we are becoming adults and becoming more independent, requiring less support from those around us, it is our responsibility to really know ourselves, understand how we feel and how that comes across to others, to understand what things we need and know how to express that, and understand things that we need to work on.

This packet contains some exercises that help us understand some of those things. Sometimes we don't give ourselves enough time. It is easy to always be looking outward and see what others are doing but being an adult means we need to understand what we are doing.

Please complete one of these pages per weekday. If you have access to a printer at home you can print them and write on the page. If not, use a notebook or paper or you can choose to create a word document and do it on the computer. Just be sure to put the date, the day of the exercise, and write the questions you are answering.

If you have any questions at all just reach out to me.

DR. HALL

DAY 1: Come up with a list of things that you are interested in. Things that you like. I challenge you to come up with at least 20 things. This should and could include things you like about life, other people, work, things about school, foods, tv shows, hobbies, colors, animals, etc... GET CREATIVE!!!

DAY 2: FOLLOWING THE SAME GUIDELINES FROM DAY 1... WHAT ARE SOME THINGS THAT YOU DON'T LIKE?

DAY 3: WHAT ARE YOUR STRENGTHS? LIST AT LEAST 10

DAY 4: WHAT ARE THINGS THAT YOU NEED HELP WITH AND WHY?

DAY 5:

1.) HOW DO OTHER PEOPLE KNOW YOU ARE UPSET? WHAT DO YOU LOOK LIKE? WOULD YOU BE MORE LIKELY TO TALK ABOUT IT, ACT ON IT, WITHDRAW, OR A COMBINATION OF THOSE?

2.) WHAT ARE SOME THINGS THAT DO MAKE YOU UPSET? NAME AT LEAST 5

DAY 6: WHO IS A FAMOUS PERSON THAT YOU ADMIRE AND WHY DO YOU ADMIRE THEM? GIVE SEVERAL EXAMPLES

DAY 7:

## **I Feel... When**

I feel happy when \_\_\_\_\_

I feel angry when \_\_\_\_\_

I feel super excited when \_\_\_\_\_

I feel sad when \_\_\_\_\_

I feel surprised when \_\_\_\_\_

I feel scared when \_\_\_\_\_





DAY 9:

# I Am Someone Who...

Complete the sentences below to share more about yourself!

I am someone who loves \_\_\_\_\_

I am someone who hates \_\_\_\_\_

I am someone who can't \_\_\_\_\_

I am someone who can \_\_\_\_\_

I am someone who will never \_\_\_\_\_

I am someone who has \_\_\_\_\_

I am someone who can't wait to \_\_\_\_\_

I am someone who would rather \_\_\_\_\_ than \_\_\_\_\_

I am someone who has never \_\_\_\_\_

I am someone who wishes \_\_\_\_\_

I am someone who tried to \_\_\_\_\_

I am someone who nobody seems to \_\_\_\_\_

I am someone who everybody seems to \_\_\_\_\_

I am someone who just can't get enough \_\_\_\_\_

I am someone who doesn't know how to \_\_\_\_\_

I am someone who usually forgets to \_\_\_\_\_

I am someone who never forgets to \_\_\_\_\_

I am someone who is thankful for \_\_\_\_\_

I am someone who will probably end up \_\_\_\_\_

I am \_\_\_\_\_

DAY 10:

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

# Positively Wonderful

I am good at . . .

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Positive thoughts I had this week

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I am proud that I . . .

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My teacher thinks I am . . .

- \_\_\_\_\_