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| To get a clear picture of your self-concept, complete an honest inventory of your strengths and weaknesses. To help you organize your thoughts, use the following table, adding brief examples. |
| **Aspects of Self** | **Strengths** | **Weaknesses** |
| **Physical self** |  |  |
| Health and fitness |  |  |
| Sports |  |  |
| Nutrition and diet |  |  |
| Appearance |  |  |
| Other |  |  |
| **Social self** |  |  |
| Friend |  |  |
| Son/daughter |  |  |
| Lover/spouse |  |  |
| Citizen/community member |  |  |
| Employee |  |  |
| Student |  |  |
| Roommate |  |  |
| Classmate |  |  |
| Team or group member (e.g., sports, band club) |  |  |
| Other |  |  |
| **Personal self** |  |  |
| Personal experiences |  |  |
| Unique traits |  |  |
| Personality |  |  |
| Spiritual self |  |  |
| Habits |  |  |
| Attitudes/opinions |  |  |
| Ideas/thoughts |  |  |
| Other |  |  |