

Name: _____

What I Know & Value about Myself

Directions:

1. First, list five things you know and five things you value about yourself.
2. Next, share what you know and value about yourself with others in your group.
3. Compare how each person in the group is similar or is different from the others.

Five things I know about myself:

1. _____
2. _____
3. _____
4. _____
5. _____

Five things I value about myself:

1. _____
2. _____
3. _____
4. _____
5. _____