CAREER EDUCATION LIFE

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.

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Five things I know about myself:	
1.	
2.	
3.	
4.	
5.	
Five things I value about myself:	
1.	
2.	
3.	
4.	
5.	