



Name: _____

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My Ideal Self

Below is a list of various qualities a person might possess. Read through this list and think about which traits are most important to you:

- Honest Strong Dependable Brave Friendly Nice
- Smart Loyal Trustworthy Loving Talented
- Kind Happy Passionate Athletic Beautiful
- Funny Energetic Capable Tough Peaceful Fun
- Hard-working Calm Fearless Free-spirited Popular
- Other: _____

Have you thought about it? Good. Now in the spaces below, pick the five most important traits you'd like to have, and then write a brief sentence or two about why this trait is important to you:

1. _____ : _____

2: _____ : _____

3. _____ : _____

4. _____ : _____

5. _____ : _____

Now think about the traits you most want to see in others, and write these down and why they are so important: in the spaces below:

1. _____:

2. _____:

3. _____:

4. _____:

5. _____:

Are they the same as the other list, or different? Why do you think this might be so?
