

Me! Me! Me!
Making changes to be a better YOU!

Well done! You've made the first move by downloading this!

We all look in the mirror to check our **outward appearance**. Being confident and doing your best means you need an **inner reality** check too. Fill in the two columns below as **fully and honestly** as you can. Do this **somewhere quiet**, where you feel comfortable. Include school subjects, sport, hobbies, and the type of person you are. e.g. Are you a leader. A follower? A listener? Outgoing? Keep to yourself? Quiet? Bit of a rebel? Smart? A thinker? Considerate? Selfish? Fun? Lazy? (**Remember no-one else needs to see this.**)

What may be missing from your life 'n' learning skills tool-kit? **MAKE SOME CHANGES!**

Try doing this at the beginning and middle of each term to check your progress.

This is what I'm good at.

This is what I'm not too good at.

	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	
	*	

The left hand side shows you all the good/positive things you are. **WELL DONE.**
The right hand column shows you the things you could improve on.
Now make those changes! Find people you can trust to help you.
Make a time plan. **Start now!**

YOU'LL BE MORE SELF-CONFIDENT, MORE FOCUSED and MORE IN CONTROL.