



ALL ABOUT ME: Brainstorm

Name: _____

Brainstorm ideas on this piece of paper - as many as you can! You may use point form, sketches, key words... This document is just for you. You will choose from some of these examples to share on a four-quadrant puzzle piece.

MY NAME: Why did my parents choose my name?
What does it mean? Do I like it? What is something interesting about my name?

MY PEOPLE: Who is important in my life? Why?
What positives do these people bring?

ROLES I PLAY: Am I a volunteer? An athlete?
A brother or sister? Which roles matter most to me, and why?

MY FAMILY: Who makes up my family?
How are we connected?

MY HERITAGE: Where does my family come from?
What are my special traditions? Which culture and/or religion do I connect with? How do these shape my life?



MY VALUES: What matters most to me? Adventure? Loyalty? Kindness? Nature? Service? Spirituality? Success? Write or draw about it.

SEEING THE GOOD: what positive things have happened for me in my life?

GRATITUDE: What am I grateful for in my life?
What do I appreciate now more than ever?

WHAT HAVE I LEARNED ABOUT MYSELF LATELY?:
Have I picked up any new hobbies, interests or pass times?

WHAT MAKES ME HAPPY:
Who, what or when am I my happiest?