



# SELF UNDERSTANDING

## UNDERSTAND WHO YOU ARE


### IDENTITY

Language, Culture,  
Interests, Feelings

- What are some of the things you're most interested in or passionate about?
- What are some things in your life that are most important to you?

### PLACE

Time, Family, Land

- Where are you from? Where have you lived? Where do you live? How have these places helped make you who you are?
  - What are some of the life experiences that have impacted you most? How have they impacted your perspectives, viewpoints, and way of life?
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### PURPOSE

Pursuits, Goals,  
Aspirations,  
Contributions

- How do you feel when you lift people up (i.e., make them feel happy or well)?
- What are your hopes, goals, and dreams? What do you want to accomplish in your life?

### CAPACITY

Potential, Intuition,  
Bravery, Belief

- If you set a goal for yourself, what do you do to make sure you'll achieve it?
- What do you do when you succeed at something? What about when you fail?





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Find three objects that best represent who you are. Why did you choose them?

### PLACE

Time, Family, Land

On a poster or piece of paper, draw yourself in the center. In a ring around you, draw pictures or write the names of your family members or friends. Then, next to their names or pictures, write about how each person has influenced your life, and about how you've influenced theirs.



### PURPOSE

Pursuits, Goals,  
Aspirations,  
Contributions

Choose one thing you're great at or that you really like to do, and teach it to someone else.

### CAPACITY

Potential, Intuition,  
Bravery, Belief

Write down some of your goals for the day, the week, the year, etc. Create an action plan with three steps you can take to achieve one of your goals.

