

Self-Knowledge Worksheet

What do you want?

What are you passionate about?

What do you like and dislike, and why?

Who do you like, and dislike, and why?

What are your strengths and weaknesses?

What adjectives would you use to describe yourself?

How do others perceive you?

What activities do you enjoy the most?

Feelings Sheet

*Record your feelings 3 times per day. Use Feelings List from Resources as needed

SUN	Morning	
	Afternoon	
	Evening	
MON	Morning	
	Afternoon	
	Evening	
TUE	Morning	
	Afternoon	
	Evening	
WED	Morning	
	Afternoon	
	Evening	
THU	Morning	
	Afternoon	
	Evening	
FRI	Morning	
	Afternoon	
	Evening	
SAT	Morning	
	Afternoon	
	Evening	

What My Partner is Feeling Sheet

*Record what you think your partner is feeling 3 times per day.

SUN	Morning	
	Afternoon	
	Evening	
MON	Morning	
	Afternoon	
	Evening	
TUE	Morning	
	Afternoon	
	Evening	
WED	Morning	
	Afternoon	
	Evening	
THU	Morning	
	Afternoon	
	Evening	
FRI	Morning	
	Afternoon	
	Evening	
SAT	Morning	
	Afternoon	
	Evening	