Intrapersonal Intelligence

Characteristics of Intrapersonal Intelligence

- Good at analyzing their strengths and weaknesses
- Enjoys analyzing theories and ideas
- Excellent self-awareness
- Clearly understands the basis for their own motivations and feelings

Individuals who are strong in intrapersonal intelligence are good at being aware of their own emotional states, feelings and motivations. They tend to enjoy self-reflection and analysis, including day-dreaming, exploring relationships with others and assessing their personal strengths.

NAME: Adam Cohen

Period: 3

Grp: 5

Tasks:

Your task: Complete the packet in its entirety to assess your emotional health. Please take your time and

Every D.A.R.T.
Name Game

In the one of the blank shapes below, vertically, write your first and last name. Using the letters of your name, create words that express your positive traits. (Refer to the example given.)

Use the remaining shapes to write the first and last name of someone who has influenced your life. Using the letters of their name, create words that express why they have influenced you.

Example:

- Joyful
- Assertive
- Nice
- Energetic
- Delightful
- Optimistic
- Even tempered

- Active
- Determined
- Appreciative
- Memorable
- Charming
- Optimistic
- Honest
- Excitable
- Neat

- Respectful
- Caring
- Healthy
- Emotional
- Loving
- Cooperative
- Open-minded
- Helpful
- Expressive
- Neat
Conditions of Self-Esteem

Sense of Uniqueness: the belief that you are special

In order to develop a sense of uniqueness, you must receive confirmation from others that your unique characteristics are important and good. What is one characteristic that makes you unique?

Who confirms this for you?

I am very easy to recognize.

My personality is strong since she remembers my

We go to the waterfall.

Sense of Connectiveness: You have the ability to feel a part of and gain satisfaction from other people, places, or things (ethnic group, class, team, friends, family, places, or activities are examples). Trust is the foundation to connectiveness. The value of these connections must also be acknowledged by those whom you consider important.

List a person, place, and thing you feel connected to.

You belong

of a kind
Sense of Power: You believe you have the ability and resources to give your life direction. If you avoid challenges, act irresponsibly, or are fearful or anxious, you have a diminished sense of power.

List three areas of your life you have control over.

1. 
2. 
3. 

Sense of Models: You have human (real or fictional), philosophical (ideas, values, or beliefs), or operational (behaviours learned through repetition) reference points to help you set goals, values, and personal standards.

List three models in your life and state why they are important.

1. 
2. 
3. 

Who or what do you look up to?
Since self-esteem is a feeling, it cannot be directly observed. However, the effects of self-esteem can be noted by watching people's actions and listening to what they say. Some key behaviors can help reveal whether a person has high or low self-esteem. Circle ones that identify you.

People with high self-esteem:
- are proud of their accomplishments
- act independently
- assume responsibility easily
- approach new challenges with enthusiasm
- feel capable of influencing others
- feel positive about themselves
- resist peer pressure
- set and reach goals
- treat others with respect
- learn from mistakes and can say "I'm sorry"
- made a mistake. I'm sorry!

People with low self-esteem:
- blame others for their failures
- demean their own talents
- feel unliked and unwanted
- feel powerless
- become easily frustrated
- have no goals
- take unreasonable risks
- avoid challenges
- are quick to point out others' faults
- think negatively or so optimistically that reality is denied
- constantly overreact emotionally
- refuse to offer help

Name:  
Date:  
Pd.  
Spis
Exercise self-control
Volunteer for a worthwhile cause
School, family, and community
Recognize your significance in
Portray yourself for past mistakes
Give yourself credit
Your life
Believe in your ability to control
Reflect negative comments
Perfection
Base goals on improvement not
Set realistic goals
Without considering strengths
Don't consider weaknesses
Make lists of your skills

Improve Self-Esteem
MAKE SENSE CHANGES AND KEEP TRYING!

DO YOU HAVE THE CONFIDENCE THAT YOU DESERVE? IF SO, GOOD FOR YOU! IF NOT,

<table>
<thead>
<tr>
<th>1. Do you need to work on your self-confidence?</th>
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<tbody>
<tr>
<td>2. Low self-confidence is lacking.</td>
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<tr>
<td>3. You are most satisfied with yourself.</td>
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<td>4. So your self-confidence is GREAT!</td>
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**TOTAL SCORE**

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**KEY**

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<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>1. Set goals and expectations for myself.</td>
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<tr>
<td>2. I feel comfortable meeting new people.</td>
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<td>3. I enjoy the challenge of trying new things.</td>
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<td>4. I am willing to seek help if I need it.</td>
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<td>5. I am glad for others when good things happen.</td>
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<td>6. I keep trying when things don't go my way.</td>
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<td>7. I can accept criticism without getting upset.</td>
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<td>8. I am pleased with my relationships.</td>
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<td>9. I am happy with the way I look.</td>
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NUMBERS AND CHECK YOUR RESULTS IN THE KEY BELOW.

WE'RE GOING TO THINK YOU BEST IT. TOTAL THE CIRCLED
STATEMENT THEN CIRCLE THE NUMBER THAT INCIDATES
ACTUALIZATION. THIS HELPS DEVELOP GOOD SELF-
SETTING AND ACHIEVING GOALS BUILDS SELF-

CONFIDENCE EXAM
Your Future Plans

Personal Ad

Strategies

Favorite Songs or Groups

Friends

Story About Your Happened to You

Favorite Foods

Self-Portrait

Your Greatest Accomplishment

Feature Story About

Headline

Teen Spotlight

(3) 10pts

Newspaper a unique name.

something that you enjoy, Headlines, etc. In the box at the top, Give your

YOU'RESELF: Include your greatest accomplishments, a self-portrait of you talking

those goals. Using the newspaper layout below, design a newspaper highlighting

Self-realization is the ability to set goals and feel that you are accomplishing
You would like to describe
But an ""next to the ones
With did not describe you.
Put an "x" by the ones you
Proud of.
Start the ones which you are
Of the ones you have chosen.
Describe you.
Circle the words which

Think of you?
What do you
Note: Balance is the key. What are your strengths? What do you need to improve? What are your goals? Where do you see yourself in the future? Draw a line through the statements that do not apply to you. The remaining statements highlight your strengths and areas for improvement.