



Alphabiography

First, write each letter of your name (first or last – you choose!) in the boxes on the left side of the page. (Don't worry if your name won't fit – just use the first seven letters.) Then, think of a word that represents one aspect of who you are that begins with each letter. Finally, write a short description of how that word relates to you.

Personal Identities Wheel

Complete the wheel by listing 1–3 items about yourself in each category. When you come to talents, skills, and traits, you can use the Word Bank on the next two pages to help you find a match.



Word Bank

Talents and Traits Bank

- *Active*
- *Adventurous*
- *Agreeable*
- *Alert*
- *Articulate*
- *Aspiring*
- *Athletic*
- *Attractive*
- *Balanced*
- *Brilliant*
- *Calm*
- *Caring*
- *Charismatic*
- *Charming*
- *Cheerful*
- *Clever*
- *Colorful*
- *Compassionate*
- *Confident*
- *Creative*
- *Curious*
- *Daring*
- *Dramatic*
- *Energetic*
- *Enthusiastic*
- *Focused*
- *Friendly*
- *Generous*
- *Gentle*
- *Genuine*
- *Healthy*
- *Helpful*
- *Honest*
- *Humble*
- *Humorous*
- *Independent*
- *Innovative*
- *Loyal*
- *Modest*
- *Neat*
- *Patient*
- *Perfectionist*
- *Resourceful*
- *Respectful*
- *Responsible*
- *Sophisticated*
- *Strong*
- *Studious*
- *Warm*
- *Wise*
- *Witty*
- *Aggressive*
- *Ambitious*
- *Amusing*
- *Artful*
- *Big thinking*
- *Competitive*
- *Complex*
- *Deceptive*
- *Determined*
- *Frugal*
- *Glamorous*
- *Mellow*
- *Ordinary*
- *Outspoken*
- *Progressive*
- *Proud*
- *Sarcastic*
- *Self-conscious*
- *Tough*
- *Unpredictable*
- *Whimsical*

Skills Bank

- *Listening*
- *Clarity and concision*
- *Verbal and nonverbal communication*
- *Decision-making*
- *Time management*
- *Delegation*
- *Planning*
- *Feedback*
- *Responsibility*
- *Flexibility*
- *Commitment*
- *Teamwork*
- *Empathy*
- *Patience*
- *Trustworthiness*
- *Adaptability*
- *Resilience*
- *Handling criticism*
- *Problem-solving*

Material World

Choose five families and record your thoughts about each family image on the first page of this section, and then compare and contrast them on the second page.

Family Name	Recorded Observations

Compare and contrast the *Material World* images you chose.

Similarities	Differences

3. Have you ever thought of yourself as normal and people different from you as strange, odd, or abnormal?

4. How might we communicate differently with each other if we viewed everyone as normal?