



GUIDELINE

1. Reflect on yourself and then describe yourself as a person in general, student and athlete. Finding answers to the questions below can help you in doing so. You do not have to answer all the questions and you can add other aspects of yourself, but try to answer as many of the questions as possible. Write your answers on the next page of this worksheet.

What kind of person, student and athlete are you?

How and why did you choose your sport?

What do you particularly like about it?

What do you enjoy doing besides your sport (activities & hobbies)?

Examples: Music, Arts, Cooking, Volunteering, Reading, Writing, Photography, Computers, Animals, Theatre, Engineering, Dance, Entrepreneurship, etc.

When in your life do you feel happiest?

What are your least favourite things to do?

What is the one thing in your life you would like the most help with?

Who is always there to support you?

What are your other talents besides being good in sports?

What classes/subjects do you enjoy most in school? Why?

What would you like to do later in life? What is your absolute dream job? Why?

What are your favourite movies/shows/books? Why? Do they have anything in common?

Who in your life do you admire most (person you know or famous person) and why?

What qualities in them do you admire?

(...)

2. When you are done answering the questions, reflect on what you have learned about yourself while answering these questions and how this could be helpful for yourself.
3. Keep your answers somewhere safe and read them from time to time to verify if they are still up to date. If not, you can always add some additional information.





I am...

A large, empty rectangular area with a light gray background, intended for writing or drawing.

