



PLANIT
TEACHERS

Discovering My Place in Society: A Self-Development Journey

Introduction

Welcome to this self-development journey! In this worksheet, you will explore your strengths, weaknesses, values, and goals. You will also learn how to create positive change in your community.

Understanding My Strengths and Weaknesses

Please answer the following questions:

1. What are my strengths? (List at least 3)

2. What are my weaknesses? (List at least 3)

3. How can I use my strengths to make a positive impact in my community?

Setting Goals

Please answer the following questions:

1. What are my short-term goals? (List at least 2)

2. What are my long-term goals? (List at least 2)

3. How can I achieve my goals? (List at least 3 steps)

Understanding My Values

Please answer the following questions:

1. What are my core values? (List at least 3)

2. Why are these values important to me?

3. How can I use my values to make decisions and create positive change?

Creating Positive Change

Please answer the following questions:

1. What are some social issues that I care about? (List at least 2)

2. How can I contribute to creating positive change in my community? (List at least 3 ways)

3. What are some potential obstacles that I may face, and how can I overcome them?

Building Resilience

Please answer the following questions:

1. What are some challenges that I have faced in the past? (List at least 2)

2. How did I overcome these challenges?

3. What are some strategies that I can use to build resilience and overcome future challenges?

Self-Reflection

Please answer the following questions:

1. What have I learned about myself so far?

2. What are some areas where I need to improve?

3. What are some goals that I want to set for myself?

Community Service

Please answer the following questions:

1. What are some ways that I can get involved in my community? (List at least 3)

2. What are some benefits of community service? (List at least 2)

3. How can I make a positive impact in my community through community service?

Action Plan

Please answer the following questions:

1. What are some steps that I can take to achieve my goals? (List at least 3)

2. What are some potential obstacles that I may face, and how can I overcome them?

3. What are some resources that I can use to support me in my journey?

Conclusion

Congratulations on completing this self-development journey! Remember that self-development is a lifelong process, and it's okay to make mistakes and learn from them. Keep working towards your goals, and don't be afraid to ask for help along the way.

