



Thometz
Life Coaching

#1 Essay Worksheet - Who Are You?

Where do you live? _____

Favorite Class: _____

Sport: _____

Activities: _____

Awards: _____

Responsibilities: _____

Jobs: _____

Volunteer: _____

Fun: _____

Health Issues? _____

Siblings: _____

Parents: _____

Pets: _____

Weakness: _____

Vulnerability: _____

My Failure: _____

My Success: _____

I Spend \$ On: _____

Social Media: _____

Favorite Shows: _____

My Stresses: _____

My Worries: _____

What Relaxes Me: _____

My Favorite Book: _____

My Favorite Movie: _____

My Favorite Song: _____

My Favorite Band: _____

My Favorite Food: _____

My Favorite Actor: _____

My Favorite Relative: _____

What matters to me: _____

My Dream College: _____

My Dream Job: _____

My Best Friend: _____

My Worst Enemy: _____

My Hero: _____

My Fear: _____

I Collect: _____

My Quirks? _____

My Secret: _____

My Shame: _____

My Best Quality: _____

My Worst Quality: _____

I'm proud of: _____

I'm ashamed of: _____

Life-changing experience: _____

What People Like About You: _____

Other: _____