

# GET REAL!!

A COMPLETE

GUIDE TO...ME!!

Name: \_\_\_\_\_

Date: \_\_\_\_\_, 2013

Period: \_\_\_\_\_



A JOURNEY OF SELF-DISCOVERY  
FOR 21<sup>ST</sup> CENTURY TEENAGERS...



Guides are things that help people make their way through the unknown. As you emerge from childhood into adult, WHO you are is unknown to everyone. Some things you take from childhood with you into adulthood, while other things about you have or will change dramatically by the time you're an adult. The next few pages give you time to think about yourself in ways you may not have yet...

**\*\*DIRECTIONS\*\***

**DECORATE THIS PAGE WITH THE FOLLOWING:**

- \*5 SYMBOLS (PICTURES) OF YOUR FAVORITE THINGS AND/OR THINGS YOU ENJOY DOING.**
- \*LABEL EACH PICTURE, DESCRIBING WHAT IT REPRESENTS.**
- \*ADD COLOR AND WORDS TO REFLECT YOUR PERSONALITY.**



**me...in SYMBOLS**

# PROPER CARE AND FEEDING OF ME



My favorite things to eat are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I really feel loved when a friend or family member...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

If I need or want to **relax**, I like to...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When I'm angry I need to...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When I get sad or depressed, I like/need to...

1. \_\_\_\_\_
2. \_\_\_\_\_

# THINGS YOU SHOULD KNOW ABOUT ME...

\*\* DIRECTIONS: Circle true or false based on who YOU are.

- T or F I love it when people try to cheer me up if I'm angry.
- T or F If I go somewhere where I don't know anyone, I'm pretty quiet
- T or F I do something every day to improve my health.
- T or F If I feel like crying, I'll cry as long as I need to.
- T or F If I'm angry with someone, I'll confront them immediately.
- T or F I have at least one person I can tell ANYTHING to and trust them completely.
- T or F If a friend of mine is upset, it really bothers me.
- T or F I worry about my future.
- T or F I have big dreams and goals for my future and I think about them often.
- T or F I understand myself very well.
- T or F I do not like it when things change in my life.
- T or F I am motivated to make my parent(s) proud of me.
- T or F I care a lot about my reputation and what others think of me.
- T or F I need to spend some time alone every day or I get cranky.
- T or F I feel I've always had to struggle to get good grades.
- T or F I get along well with my family members most of the time.
- T or F I have a few good friends that I've had for several years.
- T or F I prefer to be left alone when I'm angry.
- T or F I have some things I love to learn about.
- T or F I think I've matured a LOT this past year.
- T or F Others think things about me that aren't true.
- T or F Nobody truly knows the real me.

# WHAT MAKES YOU... YOU?!



List 5 things that your friends think make you a great person to be around:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List 3 things about yourself that you think are just great!:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Nobody is perfect, so...

List 5 things about you that you know you'll need to improve on as you continue to mature to be a successful adult.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# WHAT I WORRY ABOUT AND SPEND TIME DOING...

People often spend time, effort, and worries on things that are really just a waste of time. Our effort and focus could better be spent on things that REALLY matter and REALLY impact our lives and the lives of people around us.

LIST THE 3 THINGS YOU SPEND THE MOST TIME DOING.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LIST 3 THINGS YOU KNOW YOU WORRY ABOUT OR FOCUS ON THAT ARE REALLY NOT VERY IMPORTANT IN THE BIG PICTURE.

(Example: spending a lot of time playing video games, worrying about your looks, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LIST 5 THINGS YOU SHOULD FOCUS ON THAT WOULD MAKE YOUR LIFE EASIER, MORE PRODUCTIVE OR HELP OTHERS.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# YOU GOTTA

# HAVE FRIENDS!



**LIST 3 OF YOUR CLOSEST, BEST FRIENDS RIGHT NOW. NEXT TO EACH NAME, WRITE ONE THING THAT MAKES THAT PERSON SUCH A GREAT FRIEND.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**LIST 3 IMPORTANT THINGS YOU GET FROM YOUR FRIENDSHIPS.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**LIST 3 THINGS THAT MAKE YOU A GREAT FRIEND TO OTHERS.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**LIST 3 THINGS YOU WOULD NOT TOLERATE IN A FRIEND.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# THINGS ABOUT ME...

AS TEENS WE OFTEN BEGIN REALIZING THINGS ABOUT OURSELVES THAT WE LIKE AND THINGS THAT WE DISLIKE. SOMETIMES WE'RE TOUGH ON OURSELVES AND JUDGE OURSELVES TOO HARSHLY. SOME THINGS CANNOT BE CHANGED AND SOME CAN...

LIST 3 THINGS ABOUT YOUR LOOKS THAT YOU LIKE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LIST 3 THINGS ABOUT YOUR LOOKS THAT YOU ARE NOT THRILLED WITH:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LIST 3 THINGS ABOUT YOUR PERSONALITY THAT YOU LIKE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LIST 3 THINGS ABOUT YOUR PERSONALITY THAT YOU DO NOT LIKE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LIST 3 THINGS YOU WISH WERE TRUE ABOUT YOUR LOOKS.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

LIST 3 THINGS THAT YOU WISH WERE TRUE ABOUT YOUR PERSONALITY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Welcome to my world..



One of the areas of growth and thinking teens need is realizing that there's a huge world out there. You are a member of the massive human race, where billions of people live each day in various qualities of life. Some are born into fortunate life experiences, some are born into painful lives with many challenges that make just surviving each day a battle. Now is a great time to start looking around at what YOUR world gives you and at the bigger world beyond you view.

First, describe the CITY you live in: (big? small? what activities? hangouts? weather? Do you like it?)

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Next describe your HOME: (How many rooms? who lives there? favorite thing about it? least favorite?)

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Lastly describe your bedroom: (Do you share it? what's in it? clean? dirty? What would you change?)

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**"REJOICE WITH YOUR FAMILY IN THE BEAUTIFUL LAND OF LIFE."**

**-ALBERT EINSTEIN**



Now...your family. Even though no family is perfect, they are the people we love first in our lives and often take most for granted. Take a minute and think about **YOUR** family...Then do the following for 3 of them.

1. Pick a family member you are close to and tell what their relationship is to you (mother, sister, etc.)
2. Write 2-3 sentences describing them.
3. Pick an animal they are most like and write a simile that shows the comparison  
(Example: My father is like a bear-he's always lazy and trying to eat.)

**1** NAME OF FAMILY MEMBER: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

DESCRIPTION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SIMILE COMPARING THEM TO AN ANIMAL: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2** NAME OF FAMILY MEMBER: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

DESCRIPTION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SIMILE COMPARING THEM TO AN ANIMAL: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3** NAME OF FAMILY MEMBER: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

DESCRIPTION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SIMILE COMPARING THEM TO AN ANIMAL: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# I AM...MANY THINGS

**i expect...** \_\_\_\_\_

**i do...** \_\_\_\_\_

**i will try...** \_\_\_\_\_

**i won't ever...** \_\_\_\_\_

**i plan...** \_\_\_\_\_

**i am afraid...** \_\_\_\_\_

**i am trying...** \_\_\_\_\_

**i will become...** \_\_\_\_\_

**i want...** \_\_\_\_\_

**i wish...** \_\_\_\_\_

**i dislike...** \_\_\_\_\_

**i hope...** \_\_\_\_\_

**i should...** \_\_\_\_\_

**i feel...** \_\_\_\_\_

**i desire...** \_\_\_\_\_

**i have never...** \_\_\_\_\_

**i wonder...** \_\_\_\_\_

**i believe...** \_\_\_\_\_

**i will always remember...** \_\_\_\_\_

**i am sad...** \_\_\_\_\_

**i dream that...** \_\_\_\_\_

**i deeply enjoy...** \_\_\_\_\_

**i am often...** \_\_\_\_\_

**i feel happiest when...** \_\_\_\_\_

**i hate it when...** \_\_\_\_\_

**what annoys me most is...** \_\_\_\_\_

# WHAT YOU THINK YOU KNOW..

**DIRECTIONS: CHOOSE AND CIRCLE T FOR TRUE AND F FOR FALSE**

- T / F LEARNING IS SUPPOSED TO BE FUN.
- T / F PEOPLE WHO GET GOOD GRADES ARE SMARTER THAN PEOPLE WHO DON'T.
- T / F SOME PEOPLE ARE NATURALLY BETTER AT SOME SUBJECTS THAN OTHERS.
- T / F NOTHING YOU LEARN IN MIDDLE SCHOOL IS NEEDED FOR ADULT LIFE.
- T / F IT IS THE TEACHER'S JOB TO MAKE LEARNING INTERESTING.
- T / F MOST OF WHAT YOU LEARN IN MIDDLE SCHOOL IS NEEDED TO WORK LATER.
- T / F GRADES ARE A REFLECTION OF HOW HARD SOMEONE IS WILLING TO WORK.
- T / F I WANT TO GO TO COLLEGE.
- T / F IF YOU STRUGGLE TO LEARN SOMETHING THERE ARE WAYS TO IMPROVE.
- T / F I HATE SCHOOL AND ALWAYS HAVE BECAUSE IT IS BORING.
- T / F I LOVE LEARNING NEW THINGS.
- T / F I HATE READING.
- T / F MY PARENT(S) WENT TO COLLEGE.
- T / F NO ONE IN MY FAMILY HAS GRADUATED FROM COLLEGE.
- T / F I DEFINITELY KNOW WHAT I WANT TO BE WHEN I GROW UP.
- T / F COLLEGES DON'T LOOK AT YOUR MIDDLE SCHOOL GRADES.
- T / F YOU CAN PASS MIDDLE SCHOOL EVEN WITH FS...AS LONG AS YOU HAVE
- T / F YOU CAN WALK AT THE END OF THE YEAR AS LONG AS YOU HAVE GOOD GRADES.
- T / F I HAVE FAMILY MEMBERS WHO DIDN'T GRADUATE HIGH SCHOOL BUT ARE JUST FINE.

**FINISH THE FOLLOWING STATEMENTS WITH YOUR BEST GUESS:**

1. THE AVERAGE 3 BEDROOM HOUSE IN SAN DIEGO COSTS ABOUT \$ \_\_\_\_\_
  2. OUT OF ALL 50 STATES, CALIFORNIA RANKS \_\_\_\_\_TH IN EDUCATION.
  3. HOW MUCH DO YOU THINK THE FOLLOWING PEOPLE MAKE IN 1 YEAR???
- \*HIGH SCHOOL DROPOUTS: \$ \_\_\_\_\_
- \*HIGH SCHOOL GRADUATES: \$ \_\_\_\_\_
- \*COLLEGE GRADUATES (BACHELOR'S DEGREE): \$ \_\_\_\_\_
- \*HIGHER DEGREE HOLDERS (MASTER'S DEGREE): \$ \_\_\_\_\_