Who Am I? |NAME:

You are a complex being. God calls us to balance all parts of the self—emotional (heart), mental (mind), physical (body), and spiritual (soul)—to lead happy, healthy lives. Let’s take a look at what makes you who you are.

**Emotional (Heart)**

This includes how you feel day to day, how you express yourself, emotions that you have around big events in your life (good or not so good), friendships, and relationships.

1. Generally, how do you feel each day? Describe three different emotions that you normally feel and explain when you feel them.
2. What is the happiest day of your life? What happened? Why did you feel so great?
3. Have you experienced any times in your life when you were deeply saddened, very angry, or a mix of unhappy emotions? What happened? What made you feel this way?
4. Have you ever been in a relationship? How long did it last (or how long is it currently)? What drew you to that person? Did you feel respected? Were you respectful?
5. What qualities do you look for in a friend?
6. What are your three best qualities as a friend?

**Mental (Mind)**

This includes your academics, how smart you are, your learning style, etc.

1. How is school going?
2. What subject do you like best? Why?
3. Which do you like least? Why?
4. Do you know your learning style? If yes, what is it? If no, how do you think you best learn?

**Physical (Body)**

This includes your physical health, your appearance, and your physical abilities.

1. Describe appearance. Use bullet points to make a list of your ten most defining features.
2. What is your best feature? Why?
3. Is there something about your physical appearance you wish was different? Why?
4. Do you take care of yourself? This includes eating healthfully, exercising, etc. Why or why not?
5. What is your best physical skill? This could be strength, agility, flexibility, endurance, etc., or a particular skill, like shooting hoops.

**Spiritual (Soul)**

For this class, we will primarily look at your connection with God and how you realize your faith.

1. What does God look like?
2. Do you ever talk to God? What is a conversation like?
3. Where do you see God in your life?
4. I think Church is…
5. What is the most important thing the Church teaches us? Why?
6. Are there any parts of your faith that you disagree with? What are they and why?