

Instructions

Being a teenager often comes with the challenge of establishing your identity and how you present yourself to others. This worksheet will guide you through reflecting on your personal presentation. Answer the following questions thoughtfully.

1. Describe your personal style. What types of clothing and accessories do you prefer?

2. How does your style represent your personality or interests?

3. List three words that best describe your personality.

4. Why do you think it is important to present yourself well to others?

5. What qualities do you admire in others' presentations of themselves? (e.g., confidence, creativity, neatness)

6. Reflect on a time when you felt proud of how you presented yourself. What was the situation, and how did it make you feel?

7. What are some challenges you face when presenting yourself? (e.g., peer pressure, self-doubt)

8. Identify steps you can take to improve or change how you present yourself in the future.

9. Who do you look up to when it comes to personal presentation? Explain why.

10. How can your presentation of yourself affect your relationships with friends and family?