

## SELF-DISCOVERY AND SELF-ESTEEM EXERCISE

**Who am I?** Define yourself in five words.

1. ....
2. ....
3. ....
4. ....
5. ....

**Who do you want to be?** Define this in three words.

1. ....
2. ....
3. ....

**Can you identify three key people who are an example of who you want to be?**

1. ....
2. ....
3. ....

**Are these people from your community?** Yes/No – Why are your role models from inside or outside your community?

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**What are the things I do best?** Describe the activities that you are good at and enjoy doing.

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**In your view, what are the main advantages of grassroots initiatives?**

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**What does 'mainstream' social development mean in the contexts in which you work?**

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**Do you work with organisations and people outside your community to attain your social development goals?** Think about who they are and the benefits and difficulties of engaging with them.

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