

## **Introspection Worksheet**

**Consider some or all of these questions prior to beginning your essay outline.**

1. Describe your reading habits. Do you read for pleasure? What sorts of things do you read – books, magazines, or blogs? Describe something you have read for your own enjoyment.
2. When you have free time, what do you most enjoy doing purely for yourself?
3. What do you consider to be your most outstanding personal strengths and/or personality traits?
4. Pick at least four items below and identify your favorites.
  - a. Favorite book:
  - b. Favorite food:
  - c. Favorite music:
  - d. Favorite time of day:
  - e. Favorite movie:
  - f. Favorite keepsake:
  - g. Favorite quotation:
5. Pick any 3 of the following and write a paragraph or more (short answer essay) to answer the question.
  - a. Tell a story that you feel best describes who you are.
  - b. Describe one of your core values and describe why it is so important to you.
  - c. Name one or two teachers who have made a difference for you and explain why.
  - d. Describe your background, where you were born, how you were raised, family members, family dynamics, and any important moments in growing up.
  - e. What do you wish you had more time for? Why?