**What Am I Like and How Would I Like To Be?**

Consider each description and type the letter ‘M’ according to *how you think you are* using the 0-6 scale, where 0 means “not at all” like the description, and 6 means “very much” like the description.

Then consider each description again and type ‘H’ in the box according to *how you would like to be*. It might be the same box as the letter ‘M’ or a different box.

In the example, this person thinks that they are not very good at art (as they have typed ‘M’ in box number 2) and would like to be very good at art (as they have typed ‘H’ in box number 5).

There are some blank boxes at the bottom of the table, where you can fill in more descriptions if you like.

**Not at all Very much**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Description** | **0** | **1** | **2** | **3** | **4** | **5** | **6** |
| *Example: Good at art* |  |  | *M* |  |  | *H* |  |
| Kind |  |  |  |  |  |  |  |
| Happy |  |  |  |  |  |  |  |
| Friendly |  |  |  |  |  |  |  |
| Funny |  |  |  |  |  |  |  |
| Helpful |  |  |  |  |  |  |  |
| Hard-working |  |  |  |  |  |  |  |
| Talkative |  |  |  |  |  |  |  |
| Confident |  |  |  |  |  |  |  |
| Sporty |  |  |  |  |  |  |  |
| Intelligent |  |  |  |  |  |  |  |
| Fun to be with |  |  |  |  |  |  |  |
| Enjoys school |  |  |  |  |  |  |  |
| Feels different to others |  |  |  |  |  |  |  |
| Lazy |  |  |  |  |  |  |  |
| Annoying |  |  |  |  |  |  |  |
| Moody |  |  |  |  |  |  |  |
| Messes about a lot |  |  |  |  |  |  |  |
| Shy |  |  |  |  |  |  |  |
| Gets on with others |  |  |  |  |  |  |  |
| Loud |  |  |  |  |  |  |  |
| Worries a lot |  |  |  |  |  |  |  |
| Gets angry easily |  |  |  |  |  |  |  |
| Gets bored easily |  |  |  |  |  |  |  |