

Self Check-In Worksheet

**Write** a 50- to 75-word response to each of the following questions:

1. After completing the Self-Awareness Checklist Activity in McGraw-Hill Connect®, what did you learn about your own personal happiness? What are some ways you can increase your happiness? Why is your happiness important?

| <Enter your response here.> |
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1. After completing the Wheel of Life Activity in McGraw-Hill Connect®, which area(s) of your life did you find that you want or need to spend more time? Explain.

| <Enter your response here.> |
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1. What do your results on the How Self-Conscious Are You? Activity in McGraw-Hill Connect® tell you about your level of self-consciousness? Would you like to become more self-conscious, less self-conscious, or remain about the same? Why? How do you think you could enjoy the benefits of self-consciousness without falling victim to anxiety?

| <Enter your response here.> |
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1. After completing the Personality Self-Portrait Activity in McGraw-Hill Connect®, which one trait from the list of personality traits do you wish you had? Why? Which trait do you have that you think others might wish they had? Why? Explain.

| <Enter your response here.> |
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1. After completing the Discover Your Multiple Intelligences Activity in McGraw-Hill Connect®, which two intelligences did you score highest in? Which of the intelligences in which you scored lower would you be interested in learning more about?

| <Enter your response here.> |
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