**SELF REFLECTION ASSIGNMENT**

***Please complete all 4 sections below by following the written instructions and typing your answers into this word document.***

***Once you have answered each question below. You can upload this completed word document to Canvas to complete the assignment.***

1. **Identity and Purpose: Answer the questions below.**

* What is your “WHY”? Why did you join the Year Up program? What motivates and inspires you to complete this program even when it will get tough?! (Your “why” is the things(s) that give you purpose and motivation)
* What words or phrases would you use to describe yourself today?
* What are some important components of your identity that you are most proud of?
* Who do you envision yourself to become? Are there any characteristics or skills you would like to develop by the end of this year?

1. **Strengths: Use the online resource below to learn about a variety of strengths you may possess and answer the questions.**

Online Resource: [https://www.strengthsquest.com/193541/themes-full-description.aspx (Links to an external site.)](https://www.strengthsquest.com/193541/themes-full-description.aspx)

* Please list the top 5 strength types that you believe you possess from the online resource.
* What is the biggest / best thing you learned from this experience? Are there any additional strengths you would like to add to the list?

1. **Growth Areas: Please answer the questions below.**

* What 3 growth areas you would like to work on during your time at Year Up?

1. **Goals: Please answer the questions below.**

* Please list 3 long-term goals (or big vision ideas) that you have for yourself and want to accomplish in the next 5-10 years.