**Real Me Ideal Me**

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| **Height** |  |  |
| **Weight** |  |  |
| **Appearance** |  |  |
| **Personality** |  |  |
| **Hobbies** |  |  |
| **State of Health** |  |  |
| **Social Class** |  |  |
| **Interpersonal Relationship** |  |  |
| **Ambitions and Aspirations** |  |  |

Please fill in the above blanks according to your own situation.

Now choose one object you aim to change and fill in the following chart. You can choose one from building personality, promoting interpersonal relationship, improving state of health, learning a subject, earning money, chasing a girl/boy, developing a good habit, etc.

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| **Small Adjustments** | **Obtained Effects** |
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