Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Autobiography Project: Chapter 6: Who are you?

**Take a look in the mirror in this chapter. Who do you see?**

1. What do you enjoy doing? (Try to include more here than the most obvious stuff) What are your hobbies?
2. What is the perfect way to spend a Saturday morning? A rainy winter evening?
3. What kinds of situations or activities make you feel most alive?
4. What are you passionate about? What is it that stirs up a fire deep inside of you?
5. What relationships are a blessing to you? What kinds of situations do you find socially satisfying?
6. In what place do you feel closest to God?
7. What is your favorite meal? What is your comfort food? Your favorite song? Or music? Your favorite book? What is your most valued possession?
8. Do you care about your health? Or do you think that you can do anything and eat anything you want without it affecting your health?
9. What are some of your pet peeves? The things that really bug you and make you want to grit your teeth?
10. What are some foods that you dislike? What is something that you use to dislike but now like?
11. What adjectives would describe your general attitude toward life? Do you tend to think that everything will work out well? Do you tend to think that life will be difficult?
12. What kind of personality do you have? Do you like being alone or like being with people more? Is it more satisfying to accomplish a task or to spend time socializing? Are you aggressive and a go-getter or laid-back and take-it-easy?
13. Do you tend to procrastinate or get things done as soon as possible?
14. Are you an organizer? Or is having a place for everything not important to you? What does your bedroom look like?
15. What motivates you?
16. What makes you angry? Do you have a temper? A tendency to get mad quickly when things don’t go right?
17. Do you enjoy challenges? Are you a daredevil? Do you enjoy trying new foods, meeting new people, etc.? Are you competitive? Are you a risk-taker or a play-it-safe-er?
18. Do you like for things to be predictable and routine or do you like constant change?
19. Are you a courteous person?
20. Do you save everything or are you quick to toss things?
21. Are you easy or hard on yourself? How do you take criticism from others?
22. What is your worst nightmare? (not literally, but what do you really hope never happens?)
23. What causes you stress in life?
24. What do you believe is the purpose of your life?
25. How do you decide what behavior is good and what behavior is not?
26. How do you evaluate truth claims? In other words, how do you decide whether or not to believe ideas that someone claims to be true? (“Getting wet makes you sick.” “That was the worst (or best) assignment of the year.” “Heaven is the place people go when they die.” “I saw a UFO last night.”)