

“Know Thyself” Record Log

This activity can be an individual, group, or family activity.

Name _____

Name Etymology (origin/meaning) _____

Date of Birth _____

Birth Order (oldest, middle, youngest, only child)

How do you feel about your birth order? _____

Favorite Color _____

Please research the following information about you and your child if you have not done so:

(You can consult with your child’s school counselor or school psychologist to help you.)

- What does your favorite color say about your personality?
- IQ Score (optional): _____ What does this score means?

- Learning Style (i.e. kinesthetic, auditory, visual, combination) :

- Personal interest (from an interest inventory): _____

Note: You can complete a free online interest inventory.

- Personality test results: _____

Note: You can complete free online interest inventory.

- Career interest (list at least 3):

1.

2.

3.

Personal Reflection: In the space below, describe your feelings after completing this activity.

***You can download this for FREE at www.addmorepeace.com or*

www.powerfulnotpowerless.com