

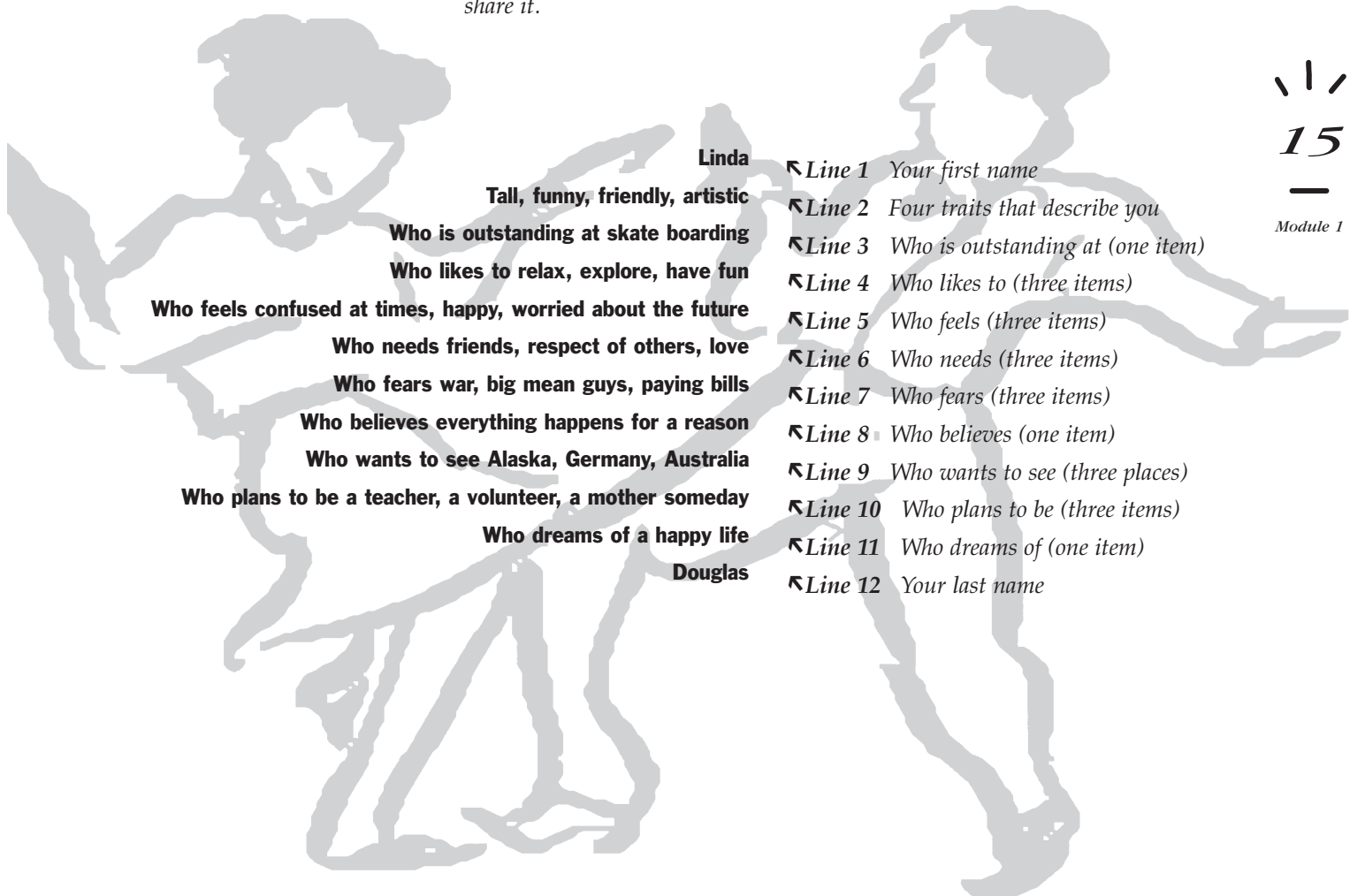
## The Real Me

Writing about our thoughts and feelings is a way to take a peek into self-esteem. Personal thoughts and feelings reflect how you feel about yourself. Why is this so important? Because a lot of our success in life depends a great deal on how we feel about ourselves.

Writing about ourselves is also a way to understand positive aspects of our personalities. Unfortunately, we don't always recognize some of the positive dimensions of ourselves.

As you complete The Real Me poem activity, think about the personal, positive qualities that distinguish you from other people. The format of the activity is designed to help you craft your poem. Please feel free to experiment with other ideas about you that you want to convey. If you wish, you may illustrate your poem.

*Use the following guide and example to help you write a poem about you! You may use space on the next page when you draft your poem. When you are finished, post your poem on the ScholarShop bulletin board if you want to share it.*



**Linda**

**Tall, funny, friendly, artistic**

**Who is outstanding at skate boarding**

**Who likes to relax, explore, have fun**

**Who feels confused at times, happy, worried about the future**

**Who needs friends, respect of others, love**

**Who fears war, big mean guys, paying bills**

**Who believes everything happens for a reason**

**Who wants to see Alaska, Germany, Australia**

**Who plans to be a teacher, a volunteer, a mother someday**

**Who dreams of a happy life**

**Douglas**

- ↪ *Line 1* Your first name
- ↪ *Line 2* Four traits that describe you
- ↪ *Line 3* Who is outstanding at (one item)
- ↪ *Line 4* Who likes to (three items)
- ↪ *Line 5* Who feels (three items)
- ↪ *Line 6* Who needs (three items)
- ↪ *Line 7* Who fears (three items)
- ↪ *Line 8* Who believes (one item)
- ↪ *Line 9* Who wants to see (three places)
- ↪ *Line 10* Who plans to be (three items)
- ↪ *Line 11* Who dreams of (one item)
- ↪ *Line 12* Your last name