

Image Gap

Answer the following questions honestly. There are no right or wrong answers.
This is a chance to learn something about yourself.

A. Read the list below. Check the five qualities you most admire in someone your age:

- | | |
|---|--|
| <input type="checkbox"/> Good grades at school | <input type="checkbox"/> Has money/things |
| <input type="checkbox"/> Good at art, music, and/or dance | <input type="checkbox"/> Attractive to the opposite sex |
| <input type="checkbox"/> Cool Clothes | <input type="checkbox"/> Popular/lots of friends |
| <input type="checkbox"/> Smart | <input type="checkbox"/> Liked by teachers |
| <input type="checkbox"/> Mature | <input type="checkbox"/> Caring/Sensitive |
| <input type="checkbox"/> Good at sports | <input type="checkbox"/> Healthy/strong |
| <input type="checkbox"/> Not afraid of parents/teachers | <input type="checkbox"/> Funny/sense of Humor |
| <input type="checkbox"/> Good looking | <input type="checkbox"/> Not influenced by what others say/think |
| <input type="checkbox"/> Tough | <input type="checkbox"/> Other: |

B. Fill in the qualities chosen in Section A in the spaced provided. Circle a rating from 1 to 10 to indicate how much you think that it applies to you.

- | | | |
|---|-------|----------------------|
| 1 | _____ | 1 2 3 4 5 6 7 8 9 10 |
| 2 | _____ | 1 2 3 4 5 6 7 8 9 10 |
| 3 | _____ | 1 2 3 4 5 6 7 8 9 10 |
| 4 | _____ | 1 2 3 4 5 6 7 8 9 10 |
| 5 | _____ | 1 2 3 4 5 6 7 8 9 10 |

Image Gap: Problems and Strategies

Part A

Choose three qualities that represent an "image gap problem" for you. Think of all the ways you could try to solve each "problem." then decide which is the best strategy.

Problem	Possible Strategies	Best Strategy
I wish...		
I wish...		
I wish...		

Part B

Answer these questions truthfully. The first question requires a little more care and thought, so try to spend more time on it.

1 What do you like best about yourself?

2 What did you learn from this exercise? (This will be a SM post-Twitter, FB, IG)
