

Intake - Self-Profile

<b>Academic Characteristics (circle the words that best represent you)</b>		
Focused	Struggles w/ Time Management	Curious
Unmotivated	Responsible	Poor Study Habits
Strong Problem-Solving Skills	Disruptive Behavior	Good Study Skills
Resistance to Feedback	Motivated	Uninterested
Active Participation	Difficulty Following Directions	
<b>Social Characteristics (circle the words that best represent you)</b>		
Friendly	Uncooperative	Leader
Isolated	Respectful	Inconsiderate
Good Communication Skills	Aggressive	Teamwork
Disrespectful		
<b>Emotional Characteristics (circle the words that best represent you)</b>		
Patient	Insecure	Resilient
Resentful	Emotional Regulation	Pessimistic
Confident	Low Self-Esteem	Optimistic
Mood Swings	Gracious	Dependent
Empathetic	Frustrated	
<b>Behavioral Characteristics (circle the words that best represent you)</b>		
Respectful	Irresponsible	Polite
Unreliable	Takes Initiative	Defiant
Honest	Disruptive	Perseverance
Impulsive	Self-Discipline	Neglectful
Helpful	Dishonest	Cooperative
Procrastinates	Dependable	Aggressive
Responsible	Disrespectful	
<b>Creative Characteristics (circle the words that best represent you)</b>		
Risk-Taker	Resistant to Feedback	Clear Sense of Vision
Disorganized	Artistic	Inconsistent
Expressive	Isolated	Resourceful
Unimaginative	Perfectionist	Overly Distracted
Open-Minded	Unadventurous	

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<b>Lifestyle Characteristics (circle the words that best represent you)</b>		
Good at Stress Management	Poor Eating Habits	Positive Social Interactions
Neglects Hygiene	Good at Goal Setting	Avoidance of Responsibility
Academic Engagement	Sedentary Behavior	Good Sleep Routine
Irregular Sleep Patterns	Regular Exercise	Lack of Academic Interest
Volunteers	Procrastinator	Follows Good Hygiene Routine
Conflict Prone Relationships	Healthy Eating Habits	Substance Use
<b>Family Dynamic Characteristics (circle the words that best represent you)</b>		
Respect for Individuality	Unclear of Conflicting Values	Involvement in Activities
Lack of Support	Emotional Stability	Inconsistent Discipline
Collaborative Problem-Solving	Poor Communication	Quality Time
Negative Role Models	Positive Role Models	Limited Quality Time
Open Communication	Conflict and Tension	Consistent Discipline
Emotional Instability	Supportive	Disconnection
Shared Values	Neglect of Individual Needs	
Academic Engagement _____	Procrastinator _____	

**VISION PLANNER:**

<b>What do you consider your strengths?</b>

<b>What do you consider your weaknesses?</b>

<b>What are you interested in?</b>

<b>What do you value the most?</b>

## Fearless Class Card

### 10 THINGS I LIKE ABOUT MYSELF

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What do others like about you?

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## Fearless Class Card

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### JUMPSTART

1. How do I use my time wisely? \_\_\_\_\_
2. What am I taking for granted? \_\_\_\_\_
3. How am I employing a healthy perspective? \_\_\_\_\_
4. How am I living true to myself? \_\_\_\_\_
5. Am I thinking negative thoughts before I fall asleep? \_\_\_\_\_
6. Am I putting enough effort into my relationships? \_\_\_\_\_
7. How am I taking care of myself physically? \_\_\_\_\_
8. Am I letting matters that are out of my control stress me out? \_\_\_\_\_
9. How am I achieving the goals that I've set for myself? \_\_\_\_\_

### KNOW YOURSELF BETTER

1. Who am I, really? I am a \_\_\_\_\_
2. What worries me most about the future? \_\_\_\_\_
3. What am I scared of? \_\_\_\_\_
4. What matters most in my life? \_\_\_\_\_
5. Why do I matter? \_\_\_\_\_
6. Have I done anything lately that's worth remembering? \_\_\_\_\_

What? \_\_\_\_\_

7. Have I made someone smile today? \_\_\_\_\_
8. What have I given up on? \_\_\_\_\_
9. What small **act of kindness** was I once shown that I will never forget?

\_\_\_\_\_

10. What do I need to change about myself? \_\_\_\_\_
11. How many of my friends would I trust with my life? \_\_\_\_\_
12. Who has had the greatest impact on my life? \_\_\_\_\_
13. What do I want most in life? \_\_\_\_\_
14. Which is worse: failing or never trying? \_\_\_\_\_
15. Does it really matter what others think about me (Why)?

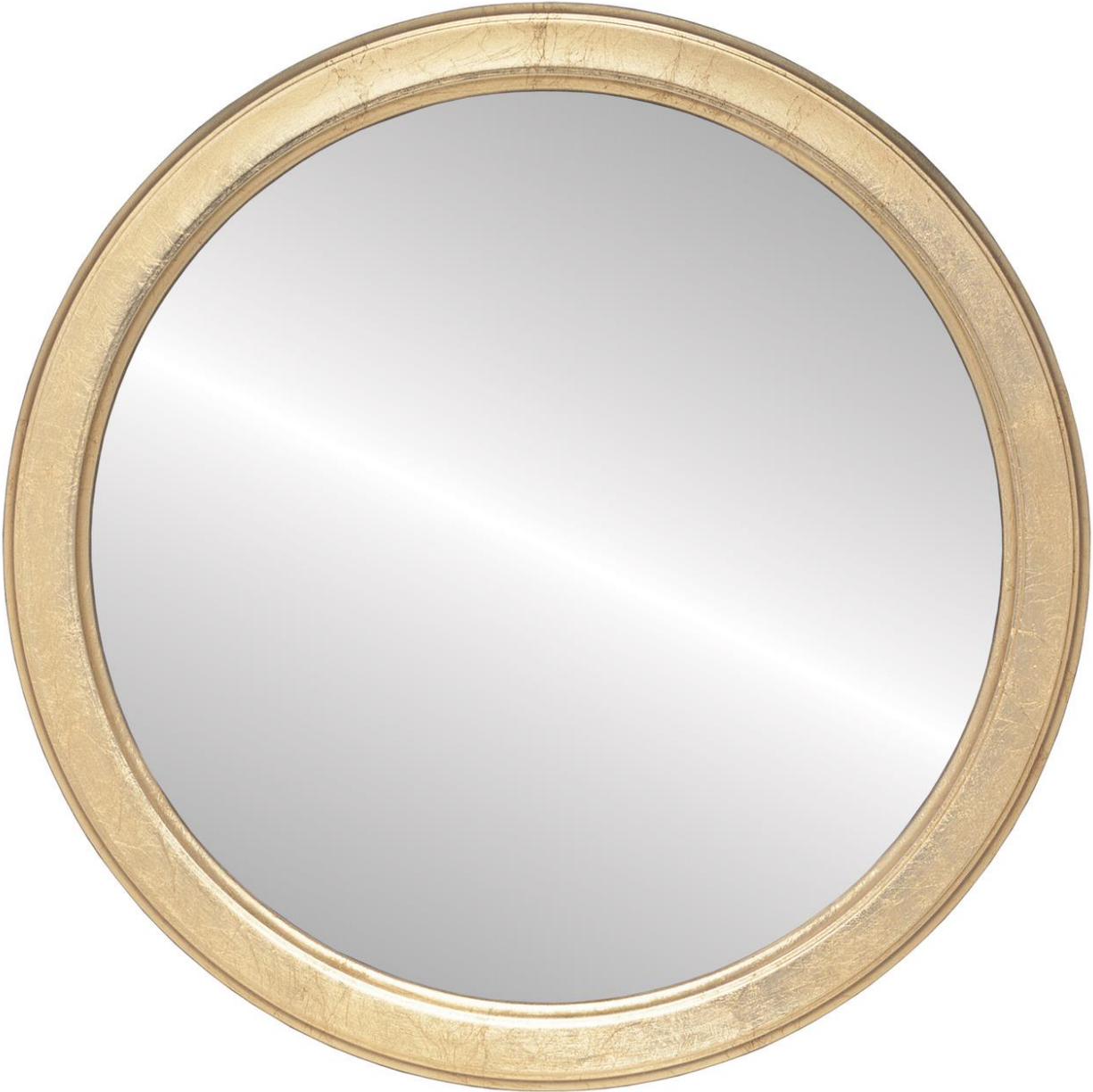
\_\_\_\_\_

Intake - Self-Profile  
Fearless Class Card

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**I SEE SOMEONE WHO IS...**

(Place words inside the mirror to describe yourself)



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Fearless Class Card

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**Questions:**

- Who Makes You Mad (Why)?
- What Don't You Like About Yourself?
- How Do You Get to Hawaii from Here?
- Who Do You Like Better; The Person on Your Left or Right? Why?
- If You Could Say One Thing to Your HS Principal, You Would Say?
- What Is Stronger.... Love or Hate (Why)?
- What Are 3 Ways to Say Hello Without Speaking?

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**Fearless Class Card**

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Describe in a paragraph how you see yourself?

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Describe how you think others view you?

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## Fearless Class Card

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Describe what healthy communication means to you?

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Provide examples of healthy communication?

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- **Use "I statements."** Say things like, "I feel upset when you \_\_\_\_" instead of, "You're making me upset." Steer clear of blaming or accusing them of purposely trying to hurt you.
- **Be clear and direct.** No one can read your mind, so tell them what you think, feel, and need.
- **Don't push aside your feelings.** Bring up things that bother you early on so they don't build up and become bigger problems.
- **Build trust.** Unless someone has given you a reason not to, believing that they're telling you the truth and assuming that they mean well helps establish trust.
- **Ask questions.** If you don't understand what they're saying or why, ask questions. Don't make assumptions.
- **Talk in person.** It's really easy to misunderstand or misinterpret a text message or email. Talking in person (or through video chat) will allow you to hear their tone of voice and see their body language.
- **Don't yell.** Getting angry or defensive during an argument is totally normal. But if you're feeling upset or angry, take a break until you both cool off.
- **Be willing to apologize.** Everyone makes mistakes. Saying you're sorry (and meaning it) goes a long way in helping to move on after a fight.



## Fearless Class Card

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What are 10 methods you can use to effectively communicate with your teacher, friends, and family?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_