

Worksheet: Exploring Components of Self-Image

Objective:

To deepen your understanding of your self-image by examining its mental, emotional, and physical components.

Instructions:

Download or print this worksheet. Take your time to complete the following sections. This is a self-paced exercise designed for introspection, so there are no right or wrong answers.

Section 1: Mental Self-Image

1. List three skills or talents that you believe make you intellectually unique.

a.

b.

c.

2. Describe a situation where you felt intellectually competent. What made you feel this way?

a.

3. If you could improve one mental attribute about yourself, what would it be and why?

a.

Section 2: Emotional Self-Image

1. List three emotional strengths you possess.

a.

b.

c.

1. Recall an event where you managed your emotions well. Describe what happened and how you felt.

a.

2. What emotional attribute would you like to improve or develop further?

a.

Section 3: Physical Self-Image

1. List three physical attributes you appreciate about yourself.

a.

2. Describe an occasion where you felt physically empowered. What contributed to this feeling?

a.

3. What physical change or improvement would you like to see in yourself?

a.

Reflection:

After completing this worksheet, spend a few minutes reflecting on your answers. Consider writing a short summary of your insights and any action steps you plan to take to improve your self-image in each component.

Activity: Self-Image Collage

Objective:

To visualize the different aspects of your self-image—mental, emotional, and physical—through a creative collage.

Instructions:

Materials Needed:

Magazines, newspapers, or printouts of images and words

Scissors

Glue or tape

A large piece of paper or poster board

Organize Your Space:

Divide your paper or poster board into three sections: One for Mental, one for Emotional, and one for Physical aspects of self-image.

Search and Cut:

Go through your magazines, newspapers, or printouts to find images and words that resonate with your perception of your mental, emotional, and physical self. Cut these out.

Create the Collage:

Start placing and gluing the cutouts onto the corresponding sections of your board. Take your time and feel free to rearrange as you go along.

Reflect:

Once you've filled in all three sections, take a step back to look at your collage. Does anything surprise you? Do you notice any imbalances or areas where you'd like to see improvement?

Write a Brief Summary:

On a separate piece of paper, jot down some reflections about this exercise. What did you learn about your self-image? Are there areas you want to focus on improving?