**Character Journal**

**Part A The DO Well**

1. Something you do well
2. Something that you do well that a few people know about
3. Reasons you are to work well with others

**Part B Protons and Electrons**

3 People that have influenced my life

 Name Impact

1.

2.

3.

An instance when someone has a negative impact on my life

**Part C Host of Most**

1. What is the most important quality that you value in others?
2. Describe a culture and/or country that most intrigues you
3. In the town where you live, describe the place that you most enjoy going
4. What would you most like to get paid to do?

**Part D Some of My Favourites**

1. One of my favourite novels. Why?
2. One my favourite movies. Why?
3. One of my favourite musical artist. Why?
4. One of my favourite magazines. Why?

**Part E Love List**

Of all of the things that you do in your life, list the 5 you live the MOST

1.

2.

3.

4.

5.

**Part F Great Learning Experience**

Describe a significant learning experience that you have had. (location, key persons involved, the substance of the learning, etc)

**Part G Major Goals**

List 3 major goals that you are working on or hope to work on in the near future.

1.

2.

3.

What is a goal that you have recently accomplished?

Briefly describe where you see yourself in 5 years from now.

**Part H**

1. Describe a quality in someone that you would like to emulate.
2. Briefly describe a talent that you would like to possess but do not. Explain why you would like to have this talent.
3. Name one of your heroes.

**Part I Kudos**

1. Describe a relationship that you are particularly proud of
2. What is something in your life that you are truly proud of but which few people know about?
3. What is something that you are proud of which you do on a regular basis