**Personal Development**

Part One: Examine your present personality. Fill out the table below.

|  |  |  |
| --- | --- | --- |
| **Categories** | **LIKES** | **DISLIKES** |
| Food |  |  |
| Dessert |  |  |
| Vacation Spot |  |  |
| School Subject |  |  |
| Sport |  |  |
| Book |  |  |
| Movie |  |  |
| TV Show |  |  |
| Music |  |  |
| Season  (Fall, Winter, Spring, Summer) |  |  |

Part Two: Fill in the box with words or phrases that best describe your self-concept (or what you think was or will be) at the designated time.

|  |  |
| --- | --- |
| Infant/Toddler | Elementary School |
| Middle School | High School |

Part Three: Identify 4 factors (environment, parenting style, genetics, education, nutrition, etc.) in your childhood that have influenced your personal development and have aided in forming your present personality. Using the lines provided below write in 6-8 sentences about the 4 influences and *explain* if the influence is nature or nurture.

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