

Personal Profile Organizer - All About Me Portrait

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Directions: Let's do some **self-reflection** and **active listening**! You will interview your partner to really listen and learn about his/her interests, skills & talents, Character Strengths and goals. Start the process by simply asking what their interests, skills & talents and Character Strengths are. Use your active listening skills to restate what they say to make sure you understand. Then follow up with "tell me more about ----" to help your partner think deeper about him/herself. Write what you learn in the table below.

The next step is to give the results to your partner to take home to review with his/her family. You and your partner are to then ask your parents and siblings for their input for each of the categories. You probably are unaware of a few interests, skills/talents and Character Strengths that your family sees in you. :) Remember to add what your family says to the table below!

Extension: Once you complete the table below, think about scrolling down to the *All About Me Portrait* section. Look to draw a mind map, picture of yourself with labels or some other visual representation that shows who you are. Make sure to include some of your interests, skills & talents and of course, Character Strengths.

Teacher/Parent Note: When students are 10 years old they can take the [VIA Character Strengths Survey](#) with parent permission.

Interests	Skills & Talents	Character Strengths (Top 5 Signature Strengths)	Core Values	Goals (Big Wishes)

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