

TD's Tips!

Self-Awareness



What can I do?

1. Make a list of characteristics you have that make you proud of yourself
2. Talk to your family members and friends and ask how they would describe you
3. Identify areas in school, work, or in the community that you feel confident
4. Make a list of things that interest you or give you joy
5. Meet with your transition team and share more about yourself!

Pro Tip!

Add pictures and graphics to make it fun when sharing about yourself with your transition team!

How about an ultimate challenge?

Practice sharing a poster ABOUT YOU with your family & friends so that you feel more comfortable and confident sharing with your transition team!



This tip sheet is aligned to the "Youth Development" lesson plan. You can search in the "resources" page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!