

# Here's what you need to know about me!

My name is: \_\_\_\_\_ Date: \_\_\_\_\_

*Describe activities, places, and people that make you feel:*

**Relaxed, Calm:**

**Stressed, Anxious, Nervous:**

**Interested, Intrigued:**

**Bored, Apathetic:**

**Happy, Overjoyed:**

**Aggravated, Angry:**