

Name:

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Class Period:

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**My  
Philosophy  
of Life Book**

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## Grading Sheet

<b>All About Me</b>	_____ /	<b>5 pts.</b>
<b>Road Map of My Life</b>	_____ /	<b>5 pts.</b>
<b>My Mission Statement</b>	_____ /	<b>5 pts.</b>
<b>My Role Models</b>	_____ /	<b>5 pts.</b>
<b>Meaningful Media</b>	_____ /	<b>5 pts.</b>
<b>I Am...</b>	_____ /	<b>5 pts.</b>
<b>Relationships</b>	_____ /	<b>5 pts.</b>
<b>Personality Development</b>	_____ /	<b>5 pts.</b>
<b>Multiple Intelligences Follow-Up</b>	_____ /	<b>5 pts.</b>
<b>TOTAL:</b>	_____ /	<b>45 pts.</b>

# All About Me

1. My full name is \_\_\_\_\_.
2. My name means \_\_\_\_\_.
3. A nickname I have is \_\_\_\_\_.
4. I am \_\_\_\_\_ years old.
5. There are \_\_\_\_\_ people in my family.
6. I am the \_\_\_\_\_ child. (Oldest/Middle/Youngest/Only)
7. I have \_\_\_\_\_ hair and \_\_\_\_\_ eyes. (Color)
8. My favorite color is \_\_\_\_\_.
9. My favorite food is \_\_\_\_\_.
10. My Favorite book is \_\_\_\_\_.
11. My favorite song is \_\_\_\_\_.
12. My favorite type of music I like to listen to is \_\_\_\_\_.
13. My favorite movie is \_\_\_\_\_.
14. My favorite TV show is \_\_\_\_\_.
15. My favorite sport to watch or play is \_\_\_\_\_.
16. My favorite hobby is \_\_\_\_\_.
17. My favorite thing to do with my friends is \_\_\_\_\_.
18. My favorite thing to do on the weekends is \_\_\_\_\_.
19. Something that makes me very happy is \_\_\_\_\_.
20. Something that makes me upset is \_\_\_\_\_.
21. My biggest pet peeve is \_\_\_\_\_.
22. Something that always makes me laugh is \_\_\_\_\_.
23. My biggest accomplishment so far is \_\_\_\_\_.
24. Something I could not live without is \_\_\_\_\_.
25. In the next five years, I want to \_\_\_\_\_.
26. If I won the lottery, I would \_\_\_\_\_.
27. If I could have a super-power, I would want \_\_\_\_\_.
28. My favorite holiday is \_\_\_\_\_.
29. My favorite school subject is \_\_\_\_\_.
30. My least favorite school subject is \_\_\_\_\_.
31. My favorite snack food is \_\_\_\_\_.
32. My favorite board game is \_\_\_\_\_.
33. My biggest goal is to \_\_\_\_\_.
34. If I could travel anywhere, it would be to \_\_\_\_\_.
35. My best friend is \_\_\_\_\_.

# Road Map of My Life

**Instructions:** Over the next two pages, draw a Road Map and chart at least 10 milestones of important events in your life that have happened to you from birth until now. These are events that have significantly impacted your life, either positively or negatively. Examples might include starting school, moving, musical recitals, sports events, joining a team, making or losing a friend, family events like births, marriages, divorces, etc. Grading will depend on the depth and detail of your descriptions. These events do not need to go in order of occurrence and you don't need to recall exact dates. Use this roadmap to reflect on where you have been and where you are going.

## Road Map-Page 2

# My Mission Statement

1. Create a mission statement for yourself or a motto to live by. A mission statement is a sentence or short paragraph which reflects a person's values, goals, ambitions and guiding principles. A personal mission statement should be meaningful to you and should help remind you of goals that are important to you. An example might include: "I will be true to myself and believe in what I do." Or, "I will strive to be the best version of myself in everything that I do." Just writing "YOLO" does not count.
  
2. Why is this mission statement important to you?
  
  
  
  
  
  
  
  
  
  
3. What purpose do you feel you have in life?
  
  
  
  
  
  
  
  
  
  
4. What accomplishments do you want to be remembered for? What qualities do you want people to remember when they think of you?
  
  
  
  
  
  
  
  
  
  
5. List three short-term goals you want to accomplish by the end of this school year:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
  
  
  
  
  
  
  
  
  
6. List three long-term goals you want to accomplish by then end of high school:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

# My Role Models

1. Who has been the greatest influence of your life?  
(You may list more than one person.)

2. How have they helped you develop as a person?

3. List 5 reasons why this person is your role model:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

4. Do you believe that you are a role model for anyone else, (family, siblings, friends, strangers, etc.)? Why or why not?

5. List individuals who might be affected by your behavior (At least 5):

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

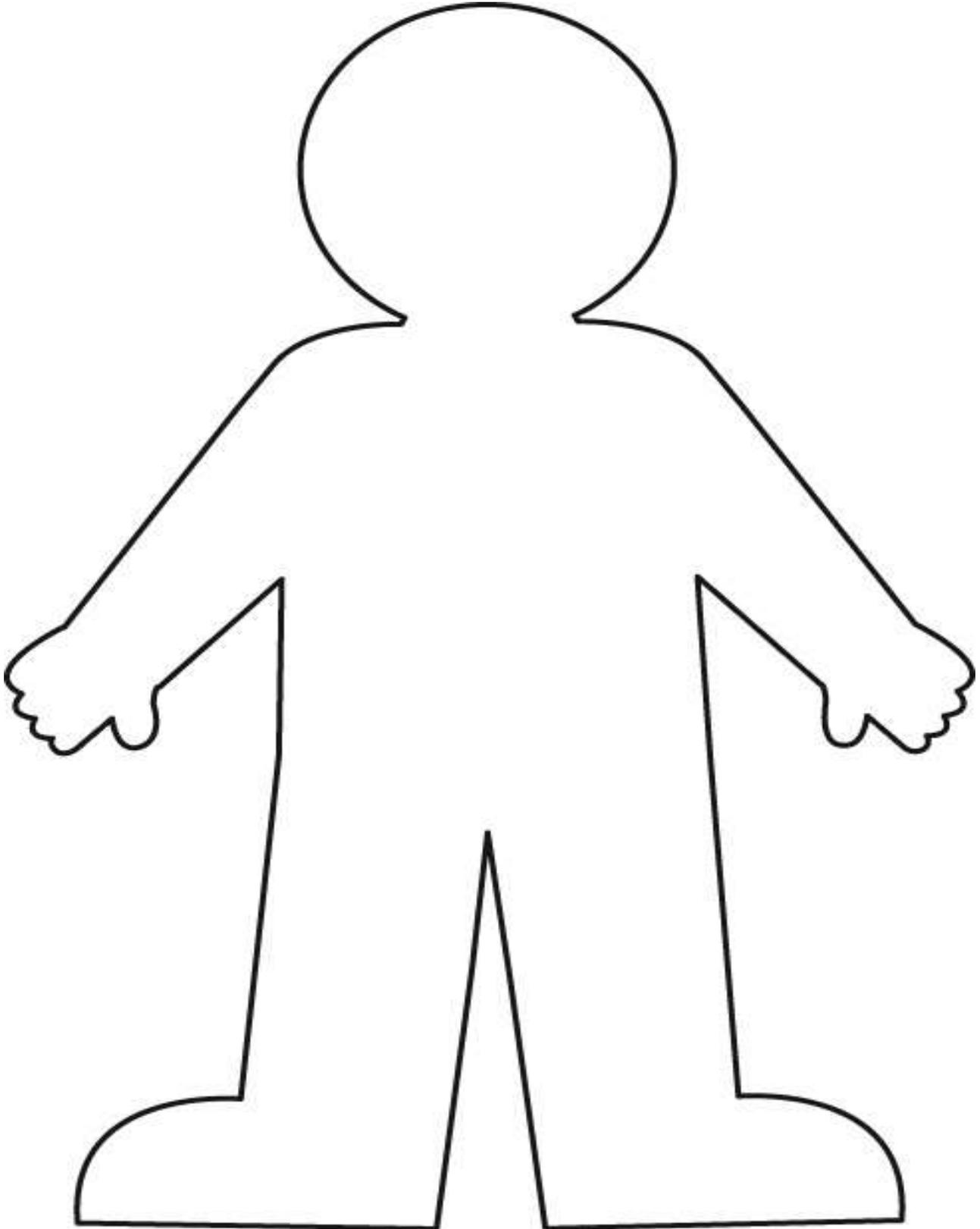
# Meaningful Media

Use the space below to write (or cut and paste) songs, poems, quotes, lines from books, quotes from movies or any other type of media that has impacted your understanding of life and relationships. What specific words, phrases, ideas or concepts stand out?

Write a paragraph below (at least 5 sentences) that explains why you included these items in your philosophy of life book. Why are they so meaningful to you? How have they impacted you?

# I Am...

**Instructions:** Divide the picture below into at least **10 sections**. In each of the sections, list something that describes you, your personality, goals, personal appearance, activities you like to participate in, qualities you possess, etc. Each statement needs to start with "I Am..."



# Relationships

## Family

1. How many people are in your family? List the people you consider as part of your family unit. (Ex: Grandparents, aunts/uncles, pets, etc.)
  
2. What is your role in your family unit? List three roles or responsibilities that you have in your family:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. How can you help to strengthen your family unit? What are at least 3 specific things YOU can do to help your family become more united and strong?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

## Friends

1. List 6 characteristics of a good friend:
 

a. _____	d. _____
b. _____	e. _____
c. _____	f. _____
  
2. Do you agree or disagree with the following quote: "To have a good friend, you must be a good friend." What does this mean to you?
  
3. Negative peer pressure can lead you to make decisions against the values you consider important to you. List 6 specific things you can do to avoid falling into negative peer pressure:
 

a. _____	d. _____
b. _____	e. _____
c. _____	f. _____
  
4. Positive peer pressure can help you make decisions that lead you toward your goals and help you stick to your values. List 6 ways you can influence your peers in a positive way:
 

a. _____	d. _____
b. _____	e. _____
c. _____	f. _____

# Personality Development

**Instructions:** Answer the following questions by placing a “T” if the statement is True for you or an “F” if the statement is False. Be sure score yourself at the end of the test.

1. \_\_\_\_\_ I'd rather draw a map than give someone verbal directions.
2. \_\_\_\_\_ I can play (or used to play) a musical instrument.
3. \_\_\_\_\_ I find it easy to talk to new people.
4. \_\_\_\_\_ I can associate music with my moods.
5. \_\_\_\_\_ I can add or multiply quickly in my head.
6. \_\_\_\_\_ I have a good sense of what others think of me.
7. \_\_\_\_\_ I like to work with calculators and computers.
8. \_\_\_\_\_ I always know how I am feeling and can manage my own moods.
9. \_\_\_\_\_ I pick up new dance steps quickly.
10. \_\_\_\_\_ I am sensitive to the moods of others.
11. \_\_\_\_\_ It is easy for me to say what I think in an argument or debate.
12. \_\_\_\_\_ I enjoy listening to others during a lecture or a speech.
13. \_\_\_\_\_ I enjoy spending time alone to “do my own thing”.
14. \_\_\_\_\_ I always know north from south no matter where I am.
15. \_\_\_\_\_ Life seems empty without music.
16. \_\_\_\_\_ When learning how to do something new, I like to see drawings or diagrams of how it works.
17. \_\_\_\_\_ I like to hike, camp or garden.
18. \_\_\_\_\_ I like to work with puzzles and logic games.
19. \_\_\_\_\_ My friends always come to me for emotional support or advice.
20. \_\_\_\_\_ Learning to ride a bike, or other activities like it, was easy for me.
21. \_\_\_\_\_ I find it easy to remember quotes or phrases.
22. \_\_\_\_\_ I like to meditate or take time out for myself.
23. \_\_\_\_\_ My sense of balance and coordination is good.
24. \_\_\_\_\_ I am concerned with the environment and ways to help preserve it.
25. \_\_\_\_\_ I often see patterns and relationships between numbers faster and easier than others.
26. \_\_\_\_\_ I enjoy building or making things.
27. \_\_\_\_\_ I am good at making up or telling stories.

- 28. \_\_\_\_\_ I can look at an object one way and see it side-ways or backwards just as easily.
- 29. \_\_\_\_\_ I often connect a piece of music with some event in my life.
- 30. \_\_\_\_\_ I like to work with numbers and figures.
- 31. \_\_\_\_\_ I enjoy watching nature programs or documentaries on TV.
- 32. \_\_\_\_\_ I enjoy looking at and creating art.
- 33. \_\_\_\_\_ I like to set and achieve personal goals.
- 34. \_\_\_\_\_ I like to hum, whistle and sing in public or when alone.
- 35. \_\_\_\_\_ I am good at a variety of athletics.
- 36. \_\_\_\_\_ I love working with animals and could see myself doing it for a future career.
- 37. \_\_\_\_\_ I like to study and learn about different languages.
- 38. \_\_\_\_\_ I am usually aware of my own body language and the message it sends to others.
- 39. \_\_\_\_\_ I am good at interpreting other people’s body language to interpret their moods.
- 40. \_\_\_\_\_ I enjoy being outdoors whenever possible.

## Interpreting Your Score

Place an “X” next to each question you marked as “True” for each column.

	Verbal/ Linguistic	Logical/ Mathematical	Musical	Visual/ Spatial	Bodily/ Kinesthetic	Intra- personal	Inter- personal	Naturalist
Questions:	11. _____	5. _____	2. _____	1. _____	9. _____	8. _____	3. _____	17. _____
	12. _____	7. _____	4. _____	14. _____	20. _____	13. _____	6. _____	24. _____
	21. _____	18. _____	15. _____	16. _____	23. _____	22. _____	10. _____	31. _____
	27. _____	25. _____	29. _____	28. _____	26. _____	33. _____	19. _____	36. _____
	37. _____	30. _____	34. _____	32. _____	35. _____	38. _____	39. _____	40. _____
<b>TOTALS:</b>	_____	_____	_____	_____	_____	_____	_____	_____

Your highest score(s) indicates your highest “Intelligence” or area in which you learn best. Read through the descriptions on the next few pages to learn more about each intelligence and then be sure to answer the follow-up questions that follow.

## Multiple Intelligences Descriptions

**“It’s now how smart you are that matters. What really counts is *how* you are smart.”**

**- Howard Gardner -**

### Verbal/Linguistic – “Word Smart”

- Writes better than average for his/her age
- Good at telling jokes and stories
- Has a good memory for names, places, dates and trivia
- Enjoys word games
- Spells words accurately
- Appreciates rhymes, puns, tongue twisters, etc.
- Enjoys listening to the spoken word
- Has a good vocabulary for his/her age
- Communicates to others in a highly verbal way

### Logical/Mathematical – “Logic Smart”

- Asks a lot of questions about how things work
- Computes problems and questions in his/her head quickly
- Enjoys the challenges of math class
- Finds math games and math computer games interesting
- Enjoys playing chess, checkers, or other strategy games
- Enjoys working with logic puzzles and brainteasers
- Likes to experiment in a way that shows higher order thinking skills
- Thinks on a more abstract levels than peers
- Has a good sense of cause and effect relationships for his/her age

### Musical – “Music Smart”

- Can tell when music is off-key or “wrong” in some other way
- Remembers the melody of songs
- Has a good singing voice
- Plays a musical instrument or sings in a choir or other musical group
- Has a rhythmic way of speaking and/or moving
- Unconsciously hums or sings to himself/herself
- Taps rhythmically on the table or desk as he/she works
- Is sensitive to the environmental noises, like rain on the roof
- Can easily imitate the voices and inflections of others

### Visual/Spatial – “Picture Smart”

- Enjoys clear visual images
- Reads maps, charts, and diagrams more easily than text
- Enjoys art activities
- Draws figures and pictures that are advanced for age
- Likes to view movies, slides, or other visual presentations
- Enjoys doing puzzles, mazes and hidden picture challenges
- Builds interesting three-dimensional constructions for age
- Gets more out of pictures than words when reading
- Doodles on workbooks, worksheets or other materials

### Bodily/Kinesthetic – “Body Smart”

- Excels in one or more sports
- Moves, twitches, taps, fidgets while seated for a long time in one spot
- Cleverly mimics other people’s gestures, mannerisms and body language
- Loves to take things apart and put them back together again
- Has trouble keeping his/her hands off of something new and exciting
- Enjoys being active and exercising
- Shows skill on a craft or good fine-motor coordination in other ways
- Has a dramatic way of expressing himself/herself
- Enjoys working with his/her hands on a project

### Intrapersonal – “Self Smart”

- Displays a sense of independence or strong will
- Has a realistic sense of his/her strengths and weaknesses
- Does well when left along to play or study
- Has a unique style of learning and living
- Has a good sense of self-direction
- Prefers working alone instead of working with others
- Can accurately express how he/she is feeling
- Is able to learn from his/her failures and successes
- Has high self-esteem

### Interpersonal – “People Smart”

- Enjoys socializing with peers
- Seems to be a natural leader
- Gives advice to friends who have problems

- Belongs to clubs, committees or other organizations
- Enjoys teaching or tutoring others
- Likes to play games with others
- Has many close friends
- Has a good sense of empathy or concern for others
- Others seek out his/her company

### Naturalist – “Nature Smart”

- Has a strong affinity to the outside world, to the beauty in nature or to animals
- Enjoys subjects, shows or stories that deal with animals or natural phenomena
- Shows interest in subjects like biology, zoology, botany, geology, meteorology or astronomy
- Is aware of his/her surroundings and changes in the environment
- Has developed senses that helps him/her notice similarities, differences and changes in surroundings
- Notices things around them that others may not be aware of
- Likes to collect, classify, or read about things from nature (rocks, shells, feathers, etc.)
- Prefers to be outside rather than inside
- Enjoys activities like camping, hiking, scuba diving, bird watching, gardening, rock climbing, etc.

## Multiple Intelligences Follow-Up

1. What was your highest Intelligence?
2. What was your lowest Intelligence?
3. What is one Intelligence you would like to explore more or develop skills in?

List three ways you could enhance this Intelligence:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_