The following are original copies of the worksheets or other accompanying materials for each lesson plan. You may make copies of these worksheets for each student. The large number that appears at the top of each lesson corresponds with the large number at the top of each accompanying worksheet.
VIP (Very Important Person) Worksheet

You’re special. There’s nobody else in the world like you. You’re special to your family, to your friends, and to the world. It’s important to be the best you can because no one else can be you! Fill in the blanks and begin to see how special you are.

My name is____________________________________________________________________

My height is___________________________________________________________________

My age is______________________________________________________________________

My hair color is________________________________________________________________

My favorite subject is____________________________________________________________

My favorite sport is______________________________________________________________

My favorite color is______________________________________________________________

My favorite food is______________________________________________________________

Someday I’d like to be____________________________________________________________

I’d like to travel to_______________________________________________________________

My hobbies are_________________________________________________________________

The things that make me happiest are_______________________________________________

The things that make me maddest are______________________________________________

My favorite TV program is________________________________________________________

I’m especially good at____________________________________________________________

My favorite songs are____________________________________________________________

My favorite movie is____________________________________________________________

My favorite book is______________________________________________________________
VIP Worksheet

Members of my family are:

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

Things I don’t like:

___________________________________
___________________________________

VIP picture of: If I had three wishes they would be for:

__________________________________
__________________________________
__________________________________

(student’s name)              2.__________________________________

1.__________________________________

When I grow up, I want to be a/an

__________________________________

My favorite things are:

I am _________________ tall.

I weigh ________________ pounds.

My favorite color is ________________.
Knowing Myself Worksheet

Rate yourself in the following areas to help you identify some of your strengths and weaknesses.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Yes</th>
<th>No</th>
<th>Uncertain</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am a likable person..................................</td>
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<td>I am an honest person..................................</td>
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<td>I am a patient person..................................</td>
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<td>I am a confident person................................</td>
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<td>I am a forgiving person...............................</td>
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<td>I am a responsible person.............................</td>
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<td>I am a determined person..............................</td>
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<td>I understand myself...................................</td>
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<td>I get along with others...............................</td>
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<td>My feelings about myself are good...................</td>
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<tr>
<td>My school work is very good..........................</td>
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<td>I can solve problems..................................</td>
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</tbody>
</table>

Complete each sentence:

I believe my greatest strength is _________________________________________________________

Three things I can do to build on this strength are:

1. ______________________________________________________________________________
2. ______________________________________________________________________________
3. ______________________________________________________________________________

One of my weaknesses is _______________________________________________________________

Three things I could do to improve this weakness are:

1. ______________________________________________________________________________
2. ______________________________________________________________________________
3. ______________________________________________________________________________
My Declaration of Self-Esteem

I am a special person. I am the best me there is, no one else can fill my shoes because I am a unique and wonderful being.
I am a special person because _____________________________________________________  
_____________________________________________________________________________  
_____________________________________________________________________________
I am in control of my actions, thoughts and feelings. No one hurts me unless I allow them to. Therefore, no one hurts me.
I am in control of myself when _________________________________________________  
__________________________________________________________________________  
__________________________________________________________________________
I am a responsible person. I respect my peers, my parents, my teachers and other adults. I know my place in this world is being a good citizen. The more I give to my fellow human beings and country, the more I receive.
I am responsible when __________________________________________________________  
_____________________________________________________________________________  
_____________________________________________________________________________
_____________________________________________________________________________
I am in charge of myself. No one can force me to do anything I know is wrong. I pledge to keep my body and mind strong and clear so I can create a better me with each passing year. I have a prominent place in this world and I will stand up for my right to be here.
I take charge of myself when ______________________________________________________  
______________________________________________________________________________  
______________________________________________________________________________
I am the best me possible! ________________________________________________________  

Your Signature     Date
Goal Setting Worksheet #1

We set goals everyday. Setting goals helps us plan our day and use our time wisely. Think about the goals you’d like to have for tomorrow. Write them in the space provided.

Daily Goals

Date______________________________

☐ 1. _____________________________________________________________________
☐ 2. _____________________________________________________________________
☐ 3. _____________________________________________________________________
☐ 4. _____________________________________________________________________
☐ 5. _____________________________________________________________________
☐ 6. _____________________________________________________________________
☐ 7. _____________________________________________________________________
☐ 8. _____________________________________________________________________
☐ 9. _____________________________________________________________________
☐ 10. ____________________________________________________________________

Keep this list in a visible spot. When you accomplish a goal put an “X” in the box next to it.
Goal Setting Worksheet #2

Review the goals you listed on the Goal Setting Worksheet #1, then answer these questions.

1. How were you successful? ______________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

2. How could you have been more successful?   ______________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

3. Which goal did you think was most important? How did you accomplish it? ________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

4. Did any of your friends or family members help you accomplish your goals? ________
   ___________________________________________________________________
   ___________________________________________________________________
Award Outline

When you accomplish goals, it is important to reward yourself. In the award below, tell how you are going to reward yourself for a job well-done.
My Goals Worksheet

School
My goal for school this year is _________________________________________________.
Some things I can do to reach this goal are ________________________________________.
______________________________________________________________________________.
The people who can help me are ________________________________________________.
______________________________________________________________________________.

Home
My goal for home this year is _________________________________________________.
Some things I can do to reach this goal are ________________________________________.
______________________________________________________________________________.
The people who can help me are ________________________________________________.
______________________________________________________________________________.

Future
My goal for the future is _________________________________________________________.
Some things I can do to reach this goal are ________________________________________.
______________________________________________________________________________.
The people who can help me are ________________________________________________.
______________________________________________________________________________.
All About Me Worksheet

On the lines below, tell about the interesting and important events of your past. Include when you were born, when you first walked, births and deaths in your family, trips, and schooling. For each event, write the date and a short descriptive sentence.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Sentence</th>
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</table>

Now tell about the possible events of your future. Include events like high school, college graduation, marriage, careers, or travel. Let your imagination run wild!

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<th>Sentence</th>
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<tbody>
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Want Ads Worksheet

Team Members: In the space below, attach ads of jobs you and your partner(s) want to do now. (Are you qualified?)

Choose one job from above. Circle it. Write one sentence describing the job’s qualifications.

____________________________________________________________________________

____________________________________________________________________________

Now find jobs you and your partner(s) might want in the future.

Select one. Circle it. Write one sentence describing the job’s qualifications.

____________________________________________________________________________

____________________________________________________________________________
Jobs 2025 Worksheet

Job Title________________________________________

Write the name of the job on the first line.

Write two words describing this occupation on the next line.

Write three action words about your occupation on the third line.

Write two more words describing your occupation.

Write one word that is another name for this job.

Illustrate your poem.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Question and Interview Guide

Interview Organizer

I will interview ___________________________

Date each item as it is completed.

Date Completed

1. Ask permission for interview.
2. Set day and time.
3. Write good interview questions.
4. Conduct interview and take notes.
5. Write interview summary using notes.
6. Practice giving presentation to class.
7. Give presentation to class.

Interview Procedure

☐ 1. Ask the person for permission to interview them.
☐ 2. Ask the person for a convenient time for the interview.
☐ 3. Write down good questions to ask ahead of time.
☐ 4. Be on time for the interview.
☐ 5. Ask questions and record what is said. You can take notes or use a tape recorder.
☐ 6. Be sure to thank the person for his/her time and help.
☐ 7. Summarize your interview.
☐ 8. Share what you learned with your class.
Question and Interview Guide

Sample Interview Questions

1. What kind of education do you have? ______________________________________

2. What kind of student were you? __________________________________________

3. What made you decide to do what you are doing? ____________________________

4. What is most fun about your job? _________________________________________

5. How would you rate your job on a scale of 1 to 10 with 1 being the work and 10 being the best? Why?  __________________________________________________

6. How did you get this job? _______________________________________________

7. What tips would you have for someone who wants the same job? ___________________

8. What type of qualifications do you need for this job? ______________________________

9. How many years have you been working at this job?  ______________________________

10. How many years did you go to school?    ________________________________________

11. What is the one thing you would most like to change about your job? _________________

12. What other jobs could you hold with your training and experience?  ____________________
Admission Application Worksheet

Name ________________________________________________________________
Address ______________________________________________________________________
City/State/ZIP Code ______________________________________________________________________
Phone Number (including area code) (___ ___ ___) - ___ ___ ___- ___ ___ ___ ___
Student ID Number ___ ___ ___ ___ ___ ___ ___ ___
Name of school you are currently attending __________________________________________
Name of junior high you will attend ________________________________________________
Name of high school you will attend ________________________________________________
Areas of interest/hobbies (1) ______________________            (2)______________________
Future career choices (1) ______________________               (2) _____________________
References                        (1) ______________________               (2) _____________________

Please write a paragraph about your future goals and how school will help you reach them.
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________