

## Self-Concept for Conversations

Conversation is easier when you can speak clearly about who you are.

Use the following worksheet to find a way to summarize how you think about yourself. A clear self-concept will make it easier to introduce who you are in social situations.

Ask yourself the following questions:

What three words would I use to describe myself?

What three achievements am I most proud of?

How could I describe myself in no more than three sentences?

1.	
2.	
3.	

Revise the answers before meeting others in a social environment. They will help you introduce who you are and lead to further conversations.