



**PRIORITY
CHECK**

Traits Worksheet

Goal: This exercise may help teens reduce polarized thinking and recognize the range of traits each possess and areas of growth.

This same exercise can be made with the prompt to think about the teen's family and where the family attribute would be on the line.

- A. Choose any 10 cards from the deck.
- B. Write the word on the card below.
- C. Write the opposite of that word.
- D. Draw a line between the two words. Plot a point on the line indicating which word you're closest to.
- E. Discuss which attribute the teen wants to work on most.
- F. Discuss which trait the teen is strongest in.
- G. If time allows, do it again with 10 different words.

Word on Card

Opposite

Example:

Joy ←  Depression

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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Career Planning Worksheet

School counselors can use **Priority Check: A game of Self-Awareness** to help your students plan for the future.

1. Spread the cards out on the table so they are all visible. If you want, you may only choose to spread out half the cards to speed the activity up.

2. Ask the teen about his or her future plans. If they have a chosen career path, tell them to keep that in mind for this activity. If not, ask the teen to think in general terms about which qualities are most useful for their future.

3. Have the student choose the ten most valuable traits he/she will need for the future. List those ten traits in order of perceived importance here.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

4. Now, ask the student to rearrange the cards in order of his/her current strengths.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10..

5. Use this opportunity to discuss how to grow in these traits.