



BRAG! Take-12 Self-Evaluation Questionnaire for Teens

1. What would you and others (friends, teachers, parents, coaches, etc.) say are three of the best things about you?
2. What are the five most interesting things you have done or that have happened to you in life so far?
3. What do you think is your strongest ability and how did you end up being good at it?
4. What do you like/love most about your life?
5. What are you most proud of having accomplished recently or in the past?
6. What new skills have you learned in the last year?
7. What difficulties have you overcome to get where you are today?
8. What important lessons have you learned from making mistakes?
9. What training or educational experiences have you completed and what did you gain from those experiences (academic, athletic, artistic, etc.)?
10. What groups are you involved with (school clubs, church groups, teams, etc.) and in what ways (member, officer, captain, etc.)?
11. How do you spend your time outside of school (hobbies, interests, sports, friends, family, and volunteer activities)?
12. In what ways are you making a difference in people's lives?

Adapted from *BRAG! The Art of Tooting Your Own Horn Without Blowing It* (Warner Books). © Klaus & Associates, Inc. All rights reserved.