**Possible Selves Interview**

1. What statements or words best **describe** you as an athlete? (or other strength area- worker, computer game player, friend)
2. What statements or words best **describe** you as an learner?
3. What statements or words best **describe** you as a person?
4. What do you **Hope** to achieve as an athlete? (or other strength area)
5. What do you **Hope** to achieve as an learner?
6. What do you **Hope** to achieve as a person?
7. What do you **Expect** to achieve as an athlete? (or other strength area)
8. What do you **Expect** to achieve as an learner?
9. What do you **Expect** to achieve as a person?
10. What do you **Fear** as an athlete? (or other strength area)
11. What do you **Fear** as an learner?
12. What do you **Fear** as a person?

**Possible Selves Tree**

**Sketch**

In this step, you’re going to put together the information about yourself you’ve gathered above by drawing a possible Selves Tree.

On a seperate sheet of paper, draw a tree where the different parts of the tree and environment represent different elements:

* Roots:Words you used to describe yourself
* Limbs: Major areas in your life (representing you as person, learner, worker, community member, (choose your own)).
* Branches:hopes and expectation for each limb(each major area)
* Things that could attack tree, damage its health(dark cloud, lighting bolt, insects):fear statements,