

**Like Music to My Ears:
A Hip-Hop Approach to Social Emotional Learning (SEL) Curriculum**

Developing My Strengths and Building My Weaknesses
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Cypher 1—Know Thyself Worksheet

Things I am good at (do not limit to sports or talents):

Things I struggle with (do not limit to sports or talents):

Adults who could help me build my strengths and develop my weaknesses:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

I will work on developing this skill first: _____.

I will start on this date: _____.

I will ask this adult to assist me: _____.

If that person is unable to help me, I will ask this adult: _____.

I will measure my progress on this date: _____.

Student Signature

Date: