






Mirror Mirror On The Wall Who Am I After All

SESSION PLAN

Sr. No.	Topics	Time
1	Recap ◀	05 mins
2	Intervention 	25 mins
3	Certificate 	05 mins
4	Brain Tattoos 	05 mins

- Sharing about the IMPACT Session 1 had on them.
- Share personal story.



Life consists of three parts. We are going to have a session where we attempt to understand all these three aspects of life to understand you and to design future sessions. We need your help to help you.

- ✓ Me and myself - My self-belief, my goals, my ability to be happy, my ability to move on, etc.



- ✓ Me and others - My relationships, how comfortable I am with people, how well do I work in teams etc.



- ✓ Me and my future - My goals, my time management, my planning, etc.



ME & Myself

1. I am proud of me because...

A. _____

B. _____

(1 = Always and 5 = Never)

2. I have faith in myself.

1	2	3	4	5
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3. When there is a problem, I get worried...

1	2	3	4	5
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4. I am a happy person.

1	2	3	4	5
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5. I look after my body well.

1	2	3	4	5
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6. I get upset fast.

1	2	3	4	5
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7. I take time to move on.

1	2	3	4	5
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8. I often compare myself with others & feel inadequate

1	2	3	4	5
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9. I take feedbacks positively

1	2	3	4	5
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10. My biggest weaknesses are -

A. _____

B. _____

Me & Others

(1 = Always and 5 = Never)

1. It's easy for me to make new friends.

1 2 3 4 5

2. When we work in a team, results are better.

1 2 3 4 5

3. I love to work with others.

1 2 3 4 5

4. I feel reluctant to talk in front of others.

1 2 3 4 5

5. I am uncomfortable in asking for help.

1 2 3 4 5

6. I always choose good company.

1 2 3 4 5

7. I love to help others.

1 2 3 4 5

8. I love to understand others point of view.

1 2 3 4 5

9. People trust me.

1 2 3 4 5

10. People generally appreciate me for...

A. _____

B. _____

C. _____

Me & My Future

(1 = Always and 5 = Never)

1. I want to **BE** somebody important in life.



2. I want to **DO** something important in life.



3. I plan well.



4. I am confident I will achieve my goals.



5. I believe I will get enough opportunities in life.



6. When I get some work, I start it as soon as possible.



7. I complete what I start



8. People say I over analyse.



9. I use my time well.



10. I love to improve



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