



## In Focus: Grades 6–8

### Questions for Intrapersonal Ability

---

#### Do you enjoy . . . ?

- Self-reflecting
- Writing in a journal or diary
- Being aware of your emotions and thoughts
- Working alone
- Learning from your achievements or failures
- Setting goals
- Understanding yourself
- Doing things your own unique way
- Focusing on going a certain direction in your life
- Paying attention to your dreams and desires and following them
- Recognizing your strengths and weaknesses