

Who Am I?



Brought to you by:



Source Supported By:

Tan Yen Teng

Department of Psychology,

Faculty of Social Sciences and Liberal Arts (FOSSLA),

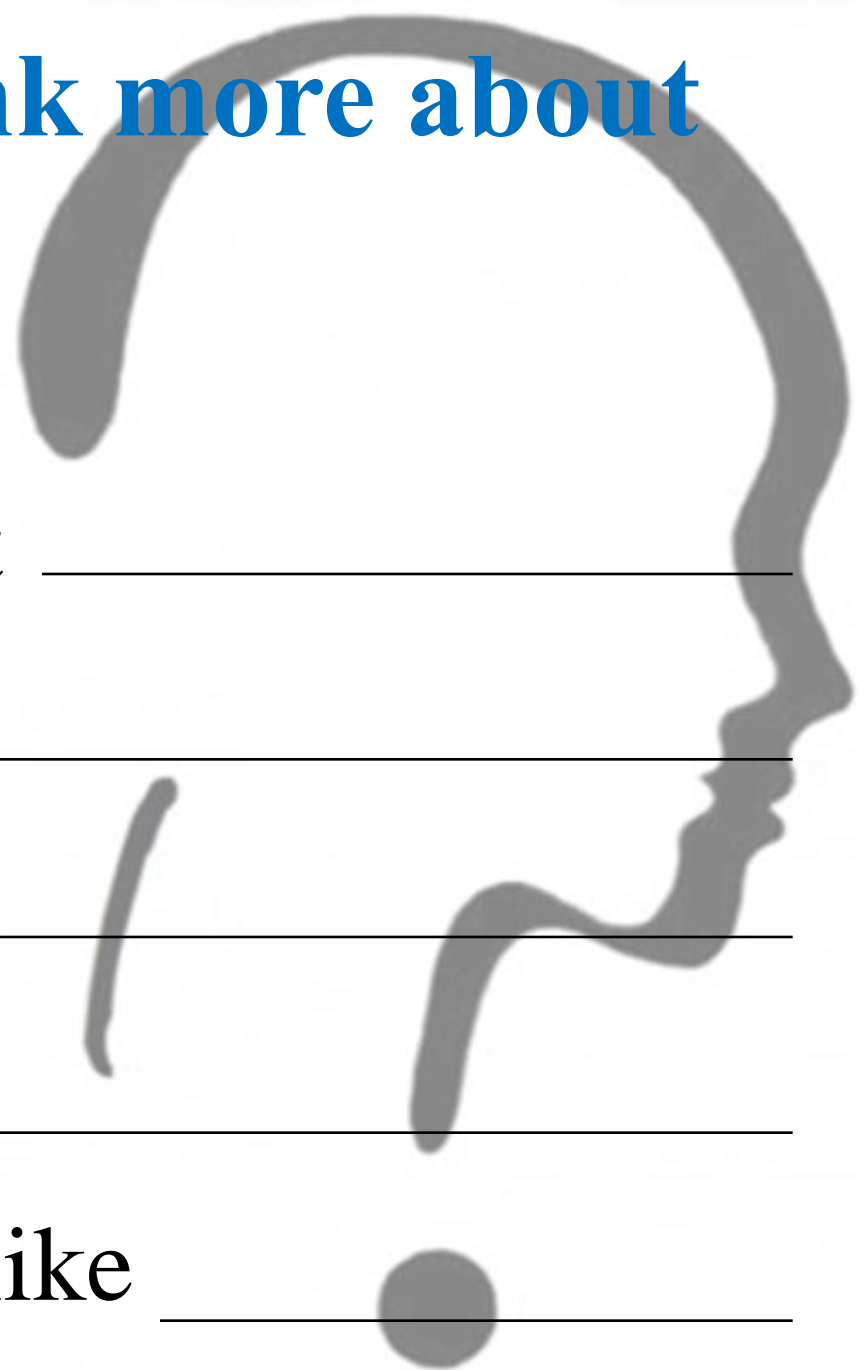
UCSI University



# Let's spend 3 minutes to think more about yourself.

- I am \_\_\_\_\_
- I want \_\_\_\_\_
- I will \_\_\_\_\_
- I know \_\_\_\_\_
- I hope \_\_\_\_\_
- I commit \_\_\_\_\_
- I can \_\_\_\_\_
- I cannot \_\_\_\_\_
- I like \_\_\_\_\_
- I do not like \_\_\_\_\_

Who Am I?



# Let's Be Optimistic About Our Strengths & Weaknesses



The **right way** of **establishing self-worth** should always be built on **ourselves**, and definitely not built on other people or other things

## STRENGTHS

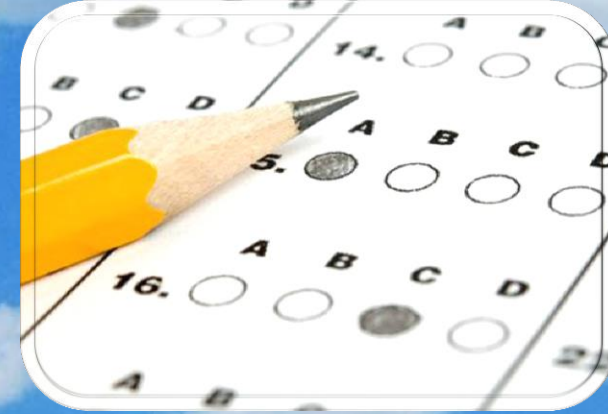
- Is the quality of being mentally and physically strong. Also, refer to an individual who have outstanding in particular performance as compared to others

## WEAKNESSES

- Is the quality of being mentally and physically weak. Also, refer to an individual who have liking or special fondness in particular things

# Ways to Discover Your Strengths

I am what I am..  
And I am proud of it



## Self

- List down the things that you can do well
- Recall the past experiences & achievements

## Family & Friends

- Ask your friends to list down 3 adjective words to describe your strengths
- Discuss with someone you trust

## Professional

- Seek help from professionals to determine your strengths
- Counsellors / Educational Psychologists

## Assessment

- Use different type of assessment to discover your strengths
- Test: MBTI, DISC

**We should sort out our own responsibility,  
and play our own roles.**

**THE MOMENT YOU TAKE  
RESPONSIBILITY  
FOR EVERYTHING  
IN YOUR LIFE IS THE MOMENT  
YOU CAN CHANGE  
ANYTHING IN YOUR LIFE.**

**~HAL ELROD**

**No matter who we are, we have to be proud of ourselves!**

**I am  
proud  
of  
myself.**





