

# Self-Talk Workshop

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Choose another person. To get to know them well, ask them relevant questions about themselves. Ask them about their personality/character, things they like about themselves, challenges they are facing and their goals and aspirations in life.

**Interview the person and then get them to interview you.**

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**List 5 positive qualities in the person you interviewed.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**List some of your feelings and thoughts about doing the interview.**

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