

Personal Letter Form

Directions: Fill in the lines below to create a letter to yourself that you can review later.

(date)

Dear _____,

This seems like a good time to record some of my beliefs, ideas, and choices. I want you to know about my attitudes toward certain health-related issues and my commitment to specific lifestyles.

This is how I describe my physical appearance: (height, weight, hairstyle, etc.)

This is how I see myself: (friendly, outgoing, quiet, etc.)

This is what I like to do in my spare time: (hobbies, activities, etc.)

These are my three best friends:

The roles my peers have in influencing the decisions I make are:

These are my favorite thing(s) to eat:

Activity 2 continued

This is the kind of music I enjoy listening to, and these are my favorite songs:

My favorite TV show and favorite movie are:

This is what I want to accomplish in the next four years:

These are two qualities I like about myself:

I would like to change these two qualities about myself:

These are my views on tobacco:

These are my views on alcohol:

These are my views on marijuana use:

This is my view on being sexually abstinent before marriage:

HANDS-ON HEALTH
Activity

2

continued

STUDENT WORKSHEET

The person who has had the most influence on my life is: (tell why)

If I could make a change to improve the quality of my present life and health, it would be:

(Add any other comments you'd like to make here.)

This is what I am thinking and feeling right now. If I make any important changes, I'll get back to you.

Your best friend,

sign your name here