



LIFE ORIENTATION GRADE 10

Development of the self in
society

KNOW YOURSELF (SELF AWARENESS)

Do you like yourself? It doesn't matter how old or successful you are, everyone wants others to like themselves. BUT others won't like you if you don't like yourself.

So... how do you get to like yourself?

SELF-AWARENESS



STEP 1: GET TO KNOW YOURSELF

– this is called self awareness.

ASK YOURSELF THE FOLLOWING QUESTIONS: GET TO KNOW YOURSELF

1. What do you like?
2. What do you want from life?
3. What are your personality traits?
4. What are you good at?
5. What is important to you?
6. What makes you happy?
7. What makes you sad?
8. What do you believe in?
9. How do you react in difficult situations?



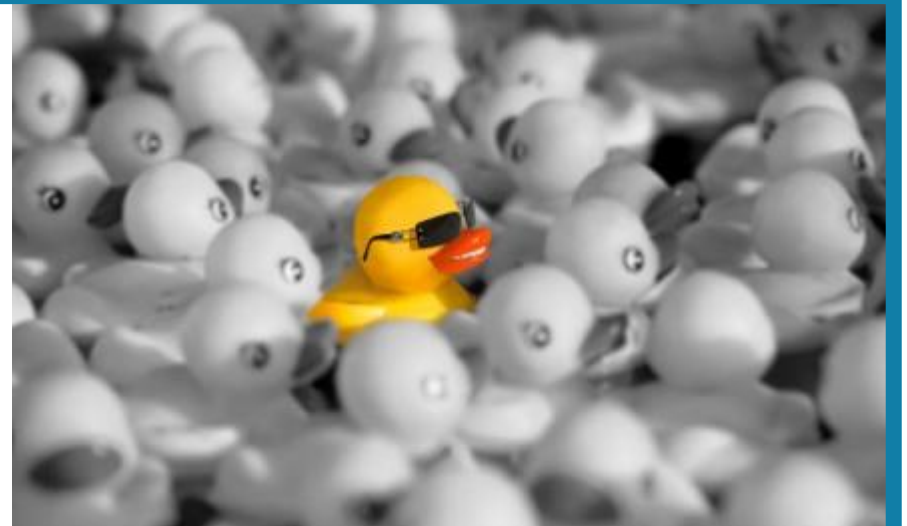
There's nobody else who is exactly like YOU.

YOU are unique and special!

This means you are one of a kind.

You are worth knowing,

and one good way of getting to know yourself is to understand the kind of personality you have.



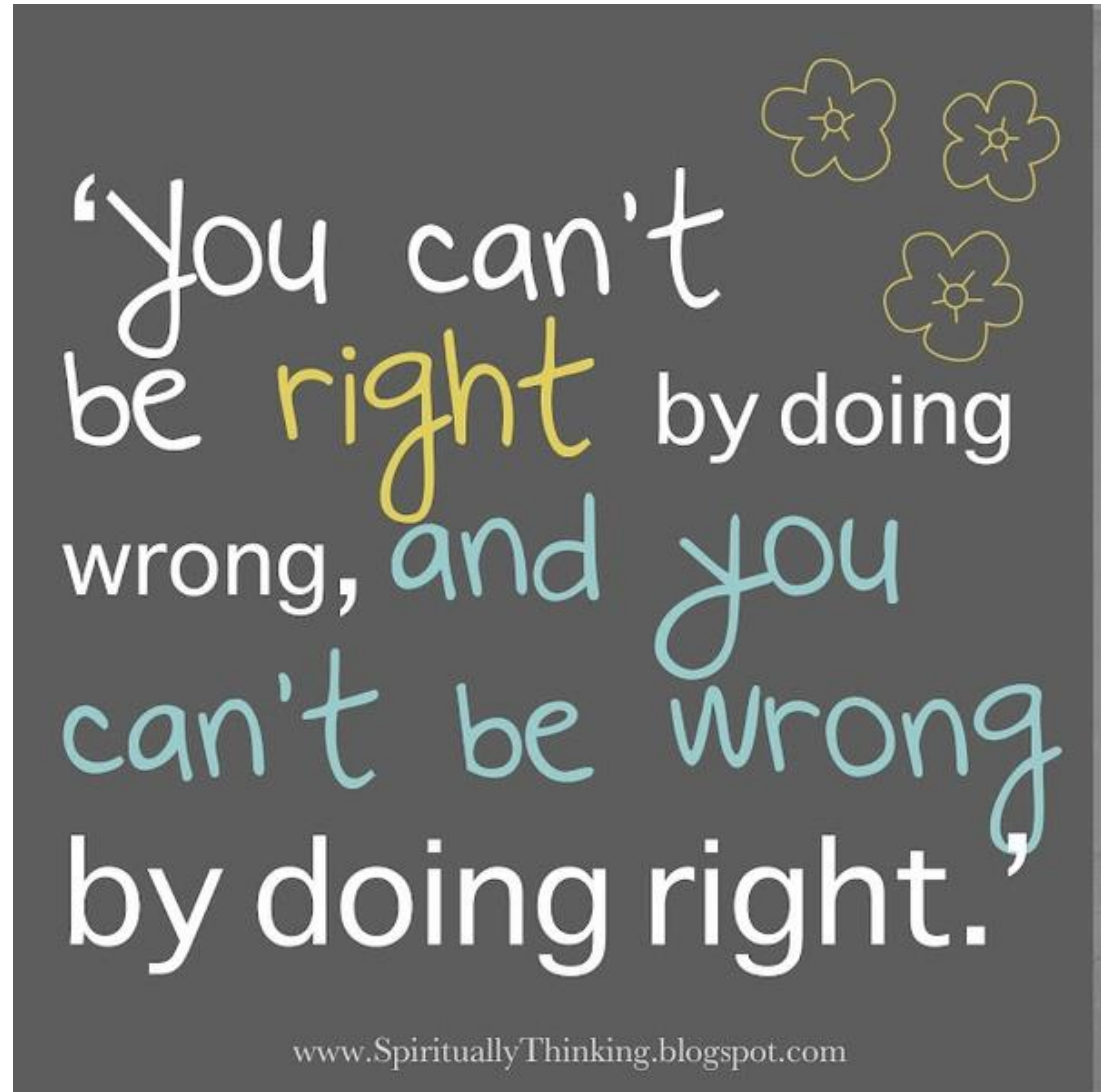


STEP 2: KNOW YOUR PERSONALITY

9 Different personality types – each with its own strong and weak points – all of them are good!

1: THE REFORMER

- Strong feelings about what is right and wrong.
- Idealist – believe things can be better.
- Work hard to make positive changes in others and in society.



2: THE HELPER

- Care more about people than about anything else.
- Friendly and generous.
- Always ready to help others.
- Want deep and close relationships with other people.



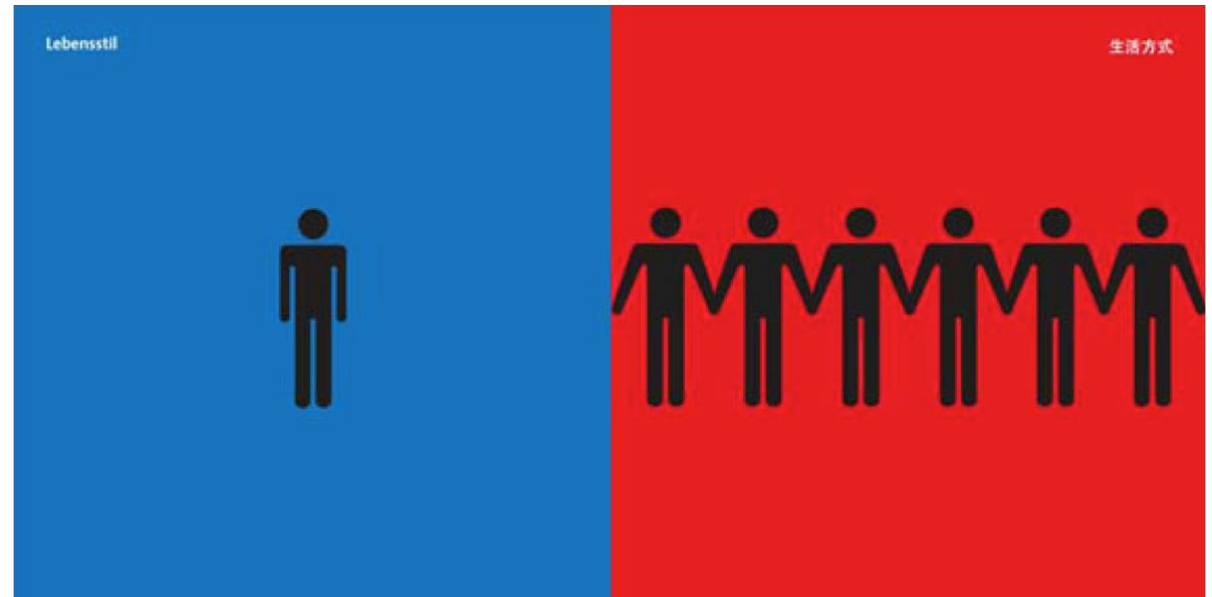
3: THE ACHIEVER

- Ambitious and prepared to do what is needed to succeed.
- Self-confidence and energy, do things well.
- Charming and know how to handle people.



4: THE INDIVIDUALIST

- Sensitive, quiet, romantic and reserved.
- Creative and honest, but can be moody.
- Sometimes cut themselves off from others to avoid feeling hurt or embarrassed.



5: THE INVESTIGATOR

- Clever and curious.
- Concentrate well to invent new things and develop complicated ideas.
- Notice and understand.
- Independent and focused.

WHAT DO YOU CALL AN
ALLIGATOR IN A VEST?



AN INVESTIGATOR.

6: THE LOYALIST

- Good at making and keeping commitments.
- Want security and is hard working, reliable, trustworthy and responsible.
- See possible problems and are careful.



7: THE ENTHUSIAST

- Always busy doing things they enjoy.
- Like other people and excitement.
- Practical and playful.
- Have various talents and look for new experiences.

**AN ENTHUSIASTIC
HEART FINDS
OPPORTUNITIES
EVERYWHERE.**

~ Paulo Coelho ~
purehappy.com

8: THE CHALLENGER

- Strong and confident.
- Say things as they are, like being in control.
- Find it easy to make decisions.
- Want to protect others but can be bossy.

CHALLENGE ACCEPTED.



9: THE PEACEMAKER

- Easy to get along with.
- Always the same.
- Accept, trust and encourage other people.
- Want everything to be okay for everyone.
- Don't like conflict.

