

# All About Me Worksheet for Adults

Name: David Johnson Age: 34

Gender: Male Date: December 27, 2024

This worksheet is a self-discovery tool designed for adults. It aims to promote self-awareness and personal reflection, helping you understand and articulate various aspects of your identity and experiences.

## Personal background

Where were you born and raised?

I was born and raised in Denver, Colorado. I lived near the mountains until I moved away for college.

What is your earliest memory?

I remember a big family reunion in our backyard when I was around three years old. I recall lots of laughter, the smell of the barbecue, and running around with my cousins.

Describe your family dynamic growing up.

I was the youngest of three kids, so I learned to speak up for myself early on. My parents were supportive, but they had high expectations, which pushed me to be independent.

## Education and career

What level of education have you completed?

I have a bachelor's degree in Computer Science. I also took a few online courses in project management to broaden my skill set.

Describe your current job or career path.

I'm currently working as a software engineer at a startup. I handle front-end development, collaborate with designers, and sometimes pitch in on back-end tasks.

What is your dream job?

Ultimately, I'd like to be a project lead or product manager, guiding teams to build innovative solutions and shaping the direction of technology projects.

## Interests and hobbies

List your hobbies and interests.

Hiking and trail running  
Cooking (especially spicy foods)  
Exploring new technologies and coding personal projects

What activities make you lose track of time?

I can spend hours testing out new cooking recipes without noticing how late it gets. Building side software projects also makes time fly.

Describe a talent or skill you're proud of.

I'm quite proud of my knack for quickly debugging code. I also have a good sense of flavor combinations in cooking.

### **Values and beliefs**

What values are most important to you?

Honesty, curiosity, and empathy are my core values. I also value commitment and consistency in my relationships.

How do your beliefs shape your daily life?

I strive to stay truthful and kind, so I try to speak honestly and help others when I can. Curiosity drives me to keep learning, and empathy keeps me open-minded in discussions.

Describe a life lesson that has been significant to you.

I learned that perfectionism can limit creativity. Embracing mistakes allowed me to become more innovative and resilient in both work and personal life.

### **Relationships and social life**

Describe your current social circle.

I have a few close friends I see regularly, and a larger circle of acquaintances from college and past jobs. We often meet up for hikes or board game nights.

How do you usually meet new people?

I meet people through local tech meetups, volunteering at community gardens, and sometimes through friends-of-friends.

What qualities do you value in a friend or partner?

I appreciate a sense of humor, emotional warmth, ambition, and someone who respects boundaries.

### **Goals and aspirations**

What are your short-term goals?

Complete a full-stack certification online  
Run a half marathon in the spring  
Improve my spice garden at home

Describe a long-term aspiration you have.

I'd love to develop my own software company focusing on educational apps for kids.

What steps are you taking to achieve these goals?

I've enrolled in an online bootcamp  
Created a running schedule with incremental mileage  
Started networking with other developers to learn about the startup process

### **Challenges and growth**

What challenges have you recently faced?

I went through an overwhelming period at work due to a big project deadline, which caused a lot of stress.

How did you overcome these challenges?

I set strict schedules, communicated my capacity to my manager, and asked for help from a colleague with certain tasks.

Describe a personal growth experience. What experience forced or encouraged you to grow as a person?

Moving to a new city for my first job taught me independence. I had to learn life skills like budgeting, meal planning, and building a social network from scratch.

### **Health and wellness**

How do you maintain physical health?

I do cardio workouts or run on trails three times a week and try to eat balanced meals.

Describe your mental health care practices. How do you maintain your mental wellness?

I write in a gratitude journal, meditate for 10 minutes daily, and keep in contact with supportive friends and family.

What does 'well-being' mean to you?

It means feeling balanced physically, mentally, and emotionally, so I can fully engage in life's opportunities with confidence and purpose.

### **Health professional's observations, recommendations, and notes**

David demonstrates strong motivation and self-awareness. Encouragement of consistent self-care routines and social connections would be beneficial. Recommend continuing journaling and exploring additional stress-management techniques if project demands intensify.