

Personal Growth

CHAPTER

1

Section 1.1 Be Your Best

Directions As you read, list traits that fall into the four main categories of personality characteristics. Use this chart to help you organize your information.

Emotional Traits	Social Traits	Intellectual Traits	Moral Traits

Section 1.2 Changes and Challenges

Directions As you read identify five actions you can take to help make positive changes. Use this web graphic organizer to help you organize your information.

