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## That Was Then, This Is Now

**Instructions:** In the chart below, list physical, social, psychological, and emotional characteristics of yourself when you were eight years old in the first column, and characteristics of yourself now in the second column.

When your chart is complete, write a reflective journal entry on the back of the paper about how you have grown and how you will continue to change and grow in the future. How will these changes affect your ability to deal with work-related situations?

	<b>When I was eight years old, I . . .</b>	<b>Now, I . . .</b>
Physical Characteristics		
Social Characteristics		
Psychological Characteristics		
Emotional Characteristics		