

MY MILLENNIUM MIND SELF QUESTIONNAIRE (AGES 10 PLUS) Page 1

Name: _____ Date: _____ Age: _____

REASON FOR MY MILLENNIUM MIND QUESTIONNAIRE

If you are in the MMM Program and between the ages of 10 and 18, please, pause and take some honest **“SELF TIME”** which means focusing on you and thinking only about you and making **“total contact”** with who you are now. Of course, you are going to change over time and the goal of MMM to help you be the best possible you now and grow into the best possible future you. You are special, and no one knows you better than you so open-up to yourself and take a closer look at who you are right now and what you like, who you like being with, who you love or believe in, plus what you like doing, and maybe even what you want to become (if you think you know). Where you are now is your starting point into your future when you can be a leader and make a major & positive difference.

MY MILLENNIUM MIND (MMM) SELF QUESTIONS

1. I am happiest when:
2. What I do best is:
3. My favorite sport to play is:
4. Name your favorite school subject _____ Why?
5. Are you getting passing school grades? YES___ No___ Why?
6. Name your worst school subject & tell why?
7. Which are you better at sports or school work & tell why?
8. My favorite activities outside school are:
9. The number of friends I have is: A lot___ A few___ None___
10. Most of my time is with: Friends ___ Adults___ Parents___ Brothers
Sisters___ Neighbors_____ Why?
11. I sometimes am criticized for:
12. If you had to live your life as an animal, which one would you choose and tell why:
13. My favorite type of music to listen to is:

Dr. Austin Chandler

Allied Counseling, Inc

Name_____ Date_____ Age_____

MY MILLENNIUM MIND SELF EXPLORATION QUESTIONNAIRE (AGE 10 Plus) Page 2

14. Do you have any favorites on social media, TV, or Radio? Who? Why?
15. What is your favorite book, author or movie? Why?
16. Do both your parents work and are they happy & mostly get along well?
17. How many brothers & sisters do you have? Are You the oldest, middle or youngest child and do your parents have any favorites?
18. Would you describe yourself as happy and popular?
19. It makes me angry when:
20. My Mother is:
21. My Father is:
22. How would your friends describe you?