

ANIYA KINLOCK

Portrait of a Graduate



MY BEST SELF

- CARING
- FUNNY
- RESPONSIBLE
- KIND



INTELLIGENCES



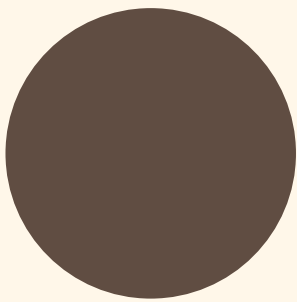
- **Logical mathematically:** I'm really good at math and it's my favorite subject as it come to me easily.
- **Bodily smart:** I'm very athletic as I play volleyball, ski, do triathlons, and do gymnastics every year
- **Musical Intelligence:** I would like to think I'm pretty good at singing and have preformed solos plenty of time oat school concerts

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

GOALS



- Keep my room clean
- Drink more water
- Exercise more
- Stay organized
- Stay successful



RULER Words

Optimistic
Empathetic
Content/Sage
satisfied



FAVORITE NUMBERS



A challenge I went through is when I had to present a google slide show about myself. I was really nervous and scared that I would mess up. I didn't know if people would laugh at me because i made a couple mistakes. Though when the day came I just had to shake of the anxiety and remembered everyone made mistakes and that if I did it wouldn't have to have an effect on me. Overall I ended up doing pretty well and felt nice after finishing. Throughout this project I learned it was okay to make mistakes.