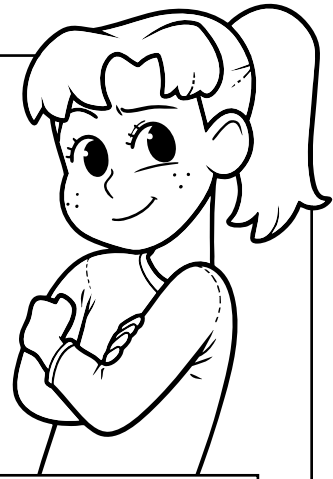


Self-Awareness



Self-awareness is the ability to understand your own thoughts, emotions, and actions.

If you are self-aware, you can:

1. Recognize your emotions

- How are you feeling?
- Why do you feel that way?



Preview
Please log in to download the printable version of this worksheet.

3. Take responsibility for your actions

- How can you make up for your actions?
- How can you do better next time?

Check in regularly with yourself. Reflect on your emotions, actions, and reactions. Self-awareness is a skill that takes time to grow and develop.