

Self-Awareness Worksheet

1. Emotions Check-In

- How do you feel right now? (Happy, sad, anxious, etc.) _____
- What triggered this feeling? _____
- How do you typically react to this emotion? _____

2. Personal Strengths & Weaknesses

- List 3 of your strengths.
 1. _____
 2. _____
 3. _____
- List 3 areas where you'd like to improve.
 1. _____
 2. _____
 3. _____
- How do these strengths/weaknesses affect your daily life?

3. Core Values

- What values are most important to you? (e.g., honesty, compassion, success)

- How do these values show up in your decisions or behavior?

4. Thought Patterns

- What recurring thoughts do you have about yourself? Are they positive or negative?

- What is one negative thought you'd like to change?

- How does your self-talk influence your mood or actions?

5. Behavioral Reflection

- Describe a recent situation where you felt challenged.

- How did you respond, and what might you do differently next time?

- What behaviors do you engage in when you're feeling stressed or overwhelmed?

6. Identifying Triggers

- What situations or people tend to bring out strong emotions in you?

- How do these triggers affect your behavior?

7. Setting Intentions for Change

- What's one habit or behavior you'd like to change?

- What steps will you take to work on this change?

8. Mindfulness Practice

- What is one thing you noticed about yourself today that you weren't aware of before?

- What actions can you take to become more mindful of your feelings and behaviors?

9. Self-Care Assessment

- What do you do to take care of your mental and emotional well-being?

- How can you prioritize more self-care in your daily routine?

