

Self-Awareness



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

If you are self-aware, you can:

<p>1. Recognize your emotions</p>	<ul style="list-style-type: none"> • Identify and name how you are feeling. • Identify why you are feeling that way. 	<p>"I feel frustrated because I can't figure out this math problem."</p>
<p>2. Understand</p>	<ul style="list-style-type: none"> • Notice how your emotions impact your actions. 	<p>"When I am frustrated, I often get impatient with</p>



Preview

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<p>4. Listen to feedback from others</p>	<ul style="list-style-type: none"> • Be open to hearing others' perspectives. • Consider feedback as a chance to grow. 	<p>"My teacher was trying to help me. I could try her suggestions."</p>
<p>5. Know your strengths and limitations</p>	<ul style="list-style-type: none"> • Understand your abilities. • Understand the areas you would like to improve on. 	<p>"I need to take a break after I have been working on a problem for more than ten minutes."</p>

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