

Name: \_\_\_\_\_

## Self-Awareness Reflection



Self-awareness is the ability to understand your own thoughts, emotions, and actions. Complete this self-awareness reflection when you need to reflect on your emotions, actions, and reactions.

### 1. Recognize your emotions.

How are you feeling?

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Why do you feel that way?



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

The complex block features a cartoon superhero character on the left, wearing a red cape and a blue suit with a shield-shaped emblem containing the letters 'MJS'. To the right, the word 'Preview' is written in large, bold, red letters. Below it, the text 'Please log in to download the printable version of this worksheet.' is written in a smaller, black font.

Why did you react that way?

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### 3. Take responsibility for your actions.

How can you make up for your actions?

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How can you do better next time?

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