

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? Why do you feel that way?

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**2. Understand your reactions.**

How did you react? Why did you react that way?

A banner featuring a cartoon superhero character on the left and a large red 'Preview' text on the right. The superhero is wearing a red cape and a blue suit with 'MJS' on his chest. The background is blue with white clouds. To the right of the superhero, the word 'Preview' is written in a large, bold, red font. Below it, in a smaller black font, it says 'Please log in to download the printable version of this worksheet.'

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**4. Listen to feedback from others.**

How do others handle a similar situation?

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**5. Know your strengths and limitations.**

Think about what happened. What, if any, part of the situation did you handle well? What is one area where you can improve?

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