

Who I am?

What to Know

Self-awareness is the ability to focus on yourself and how your actions, thoughts, or emotions line up with your standards and values. This self-awareness worksheet focuses on discovering your talents, qualities, values, and perceptions. Self-awareness can happen through self-reflection. Self-awareness is about knowing and understanding:

- your beliefs, values, and principles
- what's important to you
- what motivates you
- your emotions
- your thinking patterns
- how you react to situations
- what you want out of life

What to Do

Spend some time answering the following questions.

What are your greatest talents or skills?

Which talent or skill gives you the greatest sense of pride or satisfaction?

What talents or skills do you admire most in others?

What talent or skill do you want to develop?

What are your 5 greatest strengths?

1. _____
2. _____
3. _____
4. _____
5. _____

What do you think are your 2 biggest weaknesses?

1. _____
2. _____

What are your best qualities or characteristics?

What qualities do you wish you had?

What qualities or traits do you most admire in others?

What behaviors, traits, or qualities do you want other people to admire in you?

What are 10 things that are really important to you?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What is the *most* important thing to you? Why?

Do you spend time on the things that are important to you? Why or why not?

How is the "public you" different from the "private you"? Explain.

Is it hard to be yourself with others? Why or why not?

Are you trying to please others with the way you live your life? Why or why not?

What do you want people to think and say about you?

How do your behaviors and actions support what they think or say?

Is it more important to be liked by others or to be yourself? Why? Explain.

Who are the people who let you be fully yourself?

What places or activities allow you to be fully yourself?

How do you want people to remember you when you are gone?

What 3 things are you most proud of?

1. _____
2. _____
3. _____

What do you hope to achieve in life?

If you were to receive an award, what would you want that award to represent?
Why?

If you could accomplish only 1 thing during the rest of your life, what would it be?
Be specific.

What do you believe you are here to accomplish or contribute to the world?

Describe yourself using 3 words.

What are 3 things you are *not*?

1. _____
2. _____
3. _____

What is something that represents you? It might be a song, an animal, a book...be creative! Explain why.

What do you like best about yourself?

What do you like least about yourself?

What 2 things would you like to change about yourself?

1. _____

2. _____

Who are 2 people you most admire?

1. _____

2. _____

What do you admire about them? Why?

What are 4 things you love to do?

1. _____

2. _____

3. _____

4. _____

What matters most in your life?

What makes you happy?

What are 3 things you need to have a great life?

1. _____

2. _____

3. _____

Why are those things important to you?

What do you stand for (your principles)?

How do you want to impact the lives of others?

Finish the following sentences.

I do my best when...

I struggle when...

I'm comfortable when...

I'm stressed when...

I'm courageous when...

One of the most important things I've learned was...

One of my favorite memories is...

Being myself is hard because...

I can be myself when...

I wish I was more...

I wish I could...

I wish I had...

I wish I knew...

I wish I felt...

I wish I saw...

I wish I thought...

Life should be about...

I'm going to make my life about...

Did you enjoy this activity? Why or why not?
