



Mother Jai's Wellness
Jennifer Lawson, BS, IAC, CGFI
PO Box 1975
Arvada, CO 80001
VM/TXT 720-336-1413
wellness@motherjai.com

SELF-AWARENESS WORKSHEET

Self-awareness happens through reflection. An individual can have experiences throughout life without being self-aware. Taking the time to step outside of personal experiences and reflecting on them helps build self-awareness. The main areas of self-awareness include personality traits, values and beliefs, emotional state, routines and habits, and the physiological and psychological needs that motivate behaviors.

Self-Awareness & Self-Discovery are based on personal understanding of:

- the beliefs, values, or principles followed
- what an individual values, or what is important to them
- the motivations that cause choices
- personal feelings and emotions
- individual thinking patterns and learning tendencies
- reactions to certain situations based on personal background/upbringing
- the goals an individual wants to accomplish

WHO AM I? – contemplating these helps with personal development:

What do you consider to be your greatest talents or skills?

What talents or skills make you feel pride/satisfaction?

What talents/skills do you admire in others?

What talent/skill do you want to develop?

What are your 5 greatest strengths?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your 3 biggest weaknesses?

- 1.
- 2.
- 3.

What do you consider to be your best qualities?

What qualities do you wish you had?

What qualities/traits do you admire in others?

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

What are the 10 things that are important to you?

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

What are the 3 most important?

- 1.
- 2.
- 3.

**Do you feel you spend enough time on/with the things you value most?
Why/Why not?**

How is the 'public you' different from the 'private you'?

What makes it hard to be yourself with others?

Are you trying to please others with the way you do things?

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

How do your behaviors influence what others think/say about you?

What do you not want people to think about you?

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

Who are the people that allow you to feel/be yourself?

What places allow you to feel/be yourself?

What activities allow you to feel/be yourself?

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

What are three things you are most proud of in your life?

1.

2.

3.

What do you hope to achieve in life?

If you received an award, what would you want it to represent? Why?

If you could accomplish one thing in the rest of your life, what would it be?

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

List 3 things that you ARE:

- 1.
- 2.
- 3.

List 3 things that you are NOT:

- 1.
- 2.
- 3.

What is something tangible (animal, flower, jewelry) or intangible (song, poem, symbol) that represents you? Why?

What do you like best about yourself?

What do you like least about yourself?

What are three things you would change most about yourself?

- 1.
 - 2.
 - 3.
-

Who are the 2 people you most admire? Why?

1.

2.

What are 5 things you love to do?

1.

2.

3.

4.

5.

What matters to you most in life?

What makes you happy?

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

1.

2.

3.

What principles do you stand for?

How do you want to impact the lives of others?

FINISH THE SENTENCE:

I do my best when...

I struggle when...

I am comfortable when...

I feel stress when...

I am courageous when...

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

I missed a great opportunity when...

One of my favorite memories is...

My toughest decisions involve...

Being myself is hard because...

I can be myself when...

I wish I were more...

I wish I could...

I wish I would regularly...

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...
