



Self Awareness Worksheet

Who I am?

Our Self-Awareness worksheet (Who am I?) is the first worksheet in a series of worksheets we use for Self Discovery and Goal Setting. This Self-Awareness worksheet focuses on discovering "Who am I?." It is an all-encompassing worksheet that address talents, qualities, values, perception, and self-reflection. The other worksheets in the series focus on a specific aspect of self-Discovery.

The other Self Discovery Workshops/worksheets in the series include:

1. Personal Attributes
2. Values and Principles
3. Emotional Awareness
4. Tendencies and Habits
5. Needs Assessment

Self-Awareness Worksheet

Self-Awareness happens through reflection. You can have numerous experiences in your life, but still lack self-awareness. You need to take the time to step outside of your experiences and reflect on them. The key areas for self-awareness include our personality traits, personal values, emotions, habits, and the psychological needs that motivate our behaviors.

Self-awareness and/or Self Discovery is about knowing and understanding:

- your beliefs and principles
- What you value and what is important to you
- what motivates you
- your own emotions
- your thinking patterns
- your tendencies to react to certain situations
- what you want out of life

Who I am?

To get you thinking about your personal development plan and your mission statement, spend some time contemplating the following:

TALENTS

What are your greatest talents or skills?
I am good at coding and dancing.

Which of your talents or skills gives you the greatest sense of pride or satisfaction?
I can be a good programmer that will be my proud part.

What talents or skills do you admire most in others?

People who can sing well are the one

What talent or skill do you wish to develop for yourself?

I wish to be a better dancer and a be great in conversations (speaking skills)

TRAITS/QUALITIES

What are your five greatest strengths?

- 1.humour
- 2.patience
- 3.calmness
- 4.looks
5. leadership

What do you feel are your two biggest weaknesses?

- 1.easily convinced
- 2.fitness

What are your best qualities/characteristics?

According to me my friendly behavior and management skill are best qualities in me.

What qualities do you wish you had?

I wish I had more hardworking attitude.

What qualities or traits do you most admire in others?

I admire being hardworking.

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

I want people to see me as a really nice and gentle guy.

VALUES

What are ten (10) things that are really important to you?

- 1.family
- 2.career
- 3.money
- 4.friends
- 5.right spirit
- 6.fitness
- 7.food
- 8.entertainment
- 9.free time
- 10.sleep

What are the three most important things to you?

- 1.friends
- 2.family
- 3.money

Do you spend enough time on/with the things you most value? Why or why not?

I do spend real time with friends and family ,as it is relaxing and we need to socialize enough.

What are the values that you hold most near to your heart

Values that hold are caring and loving at last these are only things we are left with

PERCEPTION

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

In public I am less confident about my thoughts and acts.

What makes it hard to be yourself with others?

Their acceptance

How are you trying to please others with the way you live your life?

I don't try to do so.

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

I want people to think me as their best friend and be their priority and I would like if they say truth about me that's all.

How do your behaviors and actions support what they think or say?
I try to be real.

What do you least want people to think about you?
I speak a lot sometimes , people should ignore it

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

It is more important to accept yourself and be like it always, cause liking yourself is really important and change can sometimes be bad.

Who are the people who allow you to feel fully yourself?
True family and friends

What places allow you to feel fully yourself?
Places that are open to new ideas and thoughts, place like home and places that feel like home

What activities allow you to feel fully yourself?

Activities where I can show really who I am.

ACCOMPLISHMENTS

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

1. good schooling
2. my Olympiad results
3. my achievements in field of programming

What do you hope to achieve in life?
Stability , both financially and socially

If you were to receive an award, what would you want that award to represent? Why?
Most humble guy, cause I think I am humble and gentle always.

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

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

Of course I am here to shine and create my name amongst all top class people.

REFLECTION

List three (3) things that you are:

- 1.friend
- 2.gentleman
- 3.hardworking

List three (3) things that you are not:

- 1.focused
- 2.lazy
- 3.greedy

What is something that represents you? (e.g. song, animal, flower, poem, symbol, jewelry, etc...) why?
I would say I am like song "IF"

What do you like best about yourself?
My nature

What do you like least about yourself?
My overconfidence where it is not needed

What three things would you like to change most about yourself?

- 1.nothing
- 2.nothing
- 3.nothing

Who are two people you most admire?

- 1.mom
- 2.dad

What do you admire about them?

They both had their own journey and faced their part. They both impress me the way fought their problems

What are five things you love to do?

- 1.dance
- 2.writing
- 3.programming
- 4.chill
- 5.sleeping

What matters to you most in my life?

My homies

What makes you happy?

Every little thing happening in my favour towards success

What are three things you believe you need in order to have a great life?

- 1.patience
- 2.hardwork
- 3.smartwork

Why are those things important to you?

They are needed as they grow to make and define people identity on the way to success

What do you stand for (Principles)?

I do stand for principles that I create, like being true with myself and having a never quit attitude

How do you want to impact the lives of others?

By being their idol in living standards.

Finish the sentence

I do my best when... I want something

I struggle when... It's needed

I am comfortable when... I get to know surroundings

I feel stress when... I don't understand somethig

I am courageous when... I know someone's there holding my back

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

I missed a great opportunity when... I was in grade11

One of my favorite memories is...losing my one of finest friend

My toughest decisions involve... Being myself is hard because...

I can be myself when... I don't feel any pressure

I wish I was more....fluent

I wish I could... sing

I wish I would regularly...go for vacations

I wish I had... started programming earlier

I wish I knew...how to drive

I wish I felt... the breeze every time

I wish I thought... about being more active in my last years of school life

Life should be about... going big, doing big

I am going to make my life about... changing scenarios and destiny