**Resumen guiado del autoconocimiento y las habilidades personales**

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| **Autoconocimiento** |  |
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| **Autoconcepto** |  |
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| **Autoestima** |  | | |
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| Caras: |  | |
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| **Autopercepción** |  |
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Un buen **autoconocimiento** nos ayuda a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Habilidades y competencias** | Habilidades personales | |  | | | | | | |
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| Competencias personales | | | | | | |  | |
| Autonomía | | |  | | | | | |
| Responsabilidad | | | | |  | | | |
| Competencias sociales | | | | | |  | | |
| Ejemplos: | |  |
| Creatividad | | | |  | | | | |
| Características: | | | |  |
| Tipos: | | | |  |
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| Confianza |  | | | | | | | |
| Seguridad |  | | | | | | | |
| Perseverancia | | | | |  | | | |
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| Resiliencia | |  | | | | | | |
| Iniciativa personal | |  | | | | | | |

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| **Fracaso** | Ocurre… | |
| No tiene por qué… | |
| Podemos considerarlo… | |
| Nos da la oportunidad… | |
| Técnicas para enfrentar el fracaso y desarrollar la resiliencia |  |
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| **Análisis personal** | Capacidades | | |  | |
| Aptitudes |  | | | |
| Actitudes |  | | | |
| Potencial profesional | | | |  |
| Intereses personales | | | |  |
| Fortalezas | |  | | |
| Debilidades | |  | | |

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| **Análisis DAFO (FODA)** | D |  |  |
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| **Análisis CAME** | C |  |  |
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