

Self Awareness: Who Am I?

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 behaviours.

Traits/Qualities

- What are your five greatest strengths?
- What are your two greatest limitations?
- What do you think are your best qualities/characteristics?
- What qualities do you wish you had?
- What traits or qualities do you most admire in others?
- What qualities and traits do you want others to admire in you?

Values

- What are things that are really important to you?
- What are the two most important things to you?
- What are the values you hold most dear to your heart?

Perceptions

- How is the “public you” different from the “private you”?
- What makes it hard to be yourself with others?
- How are you trying to please others with the way you live your life?
- What do you want people to think and say about you?
- What do you least want people to think about you?
- What places and activities allow you to feel fully yourself?

Accomplishments

- What three things are you most proud of in your life to date?
- If you were to receive an award, what would you want that award to represent and why?

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

Reflections

- List three things that you are.
- List three things that you are not.
- What do you like best about yourself?
- Who are the two people you most admire?
- What do you admire about them?

Finish the following questions.

- I do my best when ...
- I struggle when ...
- I am most comfortable when ...
- I feel stress when ...
- I am courageous when ...
- Being myself is hard because ...
- I love myself when ...

Adapted from <http://destinysodyssey.com/tag/self-awareness/>