

Self-Awareness Worksheet

Date: _____

Name: _____ Date of birth: _____

Age: _____ Gender: _____ Contact information: _____

Self-care

Reflect on your physical health and well-being.

How do you currently take care of your physical health?

What self-care activities do you enjoy?

How can you improve your current self-care routine?

How does your self-care routine affect your mood and energy levels?

Psychological care

Explore your mental and emotional health practices.

What activities help you relax and recharge your mental energy?

Do you feel like you have a healthy work-life balance? Why or why not?

How do you handle stress?

Have you ever considered seeking professional help, such as therapy or counseling? Why or why not?

Emotions

Recognize your emotions, what triggers them, and how you handle them.

How would you describe your emotional state recently?

What situations or events trigger strong emotional reactions in you?

How do you typically respond to these emotions?

Are there any emotions you find difficult to express or handle? Why?

Values and beliefs

Identify your core values and beliefs and how they influence your life.

What are your top 5 values in life?

How do these values influence your actions and decisions?

Have your values changed over time? If so, how and why?

Are there any beliefs you hold that might be holding you back in any way?

Relationships

Reflect on your interpersonal relationships and your role in them.

How would you describe the current state of your relationships (family, friends, romantic, etc.)?

How do you contribute to these relationships?

Are there any relationships that cause you stress or discomfort? Why?

What actions could you take to improve your relationships?

Goals and aspirations

Define your personal and professional goals and how you plan to achieve them.

What are your short-term and long-term goals?

Why are these goals important to you?

What steps have you taken toward achieving these goals?

What obstacles prevent you from reaching these goals, and how can you overcome them?