

# Self-Awareness Worksheet

Name:

## Section 1: Reflection on Personal Values

List your top 5-10 values.

Reflect on why each value is important to you.

## Section 2: Emotional Self-Awareness

Identify and describe three recent emotions you have experienced.

Consider how you typically express or manage your emotions.

## Section 3: Strengths and Areas for Growth

List three personal strengths you believe you possess.

Identify one area for personal growth or improvement.

## **Section 4: Interpersonal Relationships**

**Reflect on your communication style.**

**Consider feedback from others.**

## **Section 5: Goal Setting**

**Define a short-term personal goal.**

**Reflect on how this goal aligns with your values.**

## **Section 6: Mindfulness and Reflection**

**Engage in a mindfulness or reflection exercise.**

**Consider any insights gained from this exercise.**