



Self-Aware “Know Myself”

*A PERSON WHO KNOWS WHAT THEY ARE GOOD AT,
WHAT THEY NEED HELP WITH, AND HOW THEY FEEL*

Questions I ask myself:

- Why am I feeling this way?
- What do other people say I am good at?
- How often do I stop and think about what I am thinking and doing?
- What things make me feel certain emotions?



Self-Aware

What I Do and Say:

- Know my strengths
- Recognize the things I'm not so good at
- Pay attention to my feelings
- Understand my actions
- “I feel good when...”
- “I need to improve on...”

What I Don't Do and Say:

- Blame others
- Let my feelings control my actions
- Pretend to know things I don't really know
- “I can't help it; it's just the way I am.”

