



A Self Awareness Worksheet



That can sometimes be a really hard question to answer. Only when one consciously acknowledges who they are can we be more honest with ourselves and move forth on a journey of growth.

One might avoid gaining deeper awareness into self as it may be perceived as a threat to our coping mechanism, we may not be ready to make a change, we may want to avoid taking accountability for who we are and for our choices or because it may be overwhelming. Lack of connection with your authentic self can end up making you feel empty and unfulfilled. It might also make you cross your own boundaries and frequently judge yourself. Having an authentic bond with yourself enables you to see past the judgements of those around you and take actions that honor yourself.

Addressing your thoughts and emotions takes courage. To be more conscious of who you are, ask yourself these questions periodically -

What five words describe me?

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	

Does my routine (sleep, appetite and exercise) honor my body and my mind?

What am I feeling mentally and physically right now?

What thoughts are running around in my mind right now?

What am I tempted to do as a consequence of what I feel?

What changes/ growth do I want to experience?

Self-awareness requires observation, openness, curiosity, patience, gentleness, honesty, and routine. Not every aspect of your internal world is going to be comfortable. It is important that when you confront the uncomfortable parts you accept them with care and compassion.

Recognising who you are is the first step to a fulfilling and healthy life.

