

Self-Awareness

Name: _____

Date: _____

Having self-awareness means that you know your own personality and what makes you special and unique. Use this template to brainstorm various topics about yourself.

When I feel happy, I ...

When I feel upset, I ...

Some things I am great at include ...

Some things I am still learning to do include ...

I like when others help me to ...

Some of my hobbies include ...

I try to help others by ...
