



# How Aware of Myself Am I?

You do not need to show your answers to anyone.

## Part 1:

Read the statement in the left-hand column. Consider each emotion across the top and rate yourself using the scale below.

- 1 = Yes
- 2 = Sometimes
- 3 = No

	Happy	Sad	Scared	Worried
I know how my body feels when I experience this emotion.				
I know the impact this emotion has on me.				
I know how others respond to me when I am having this feeling.				
	Angry	Peaceful	Excited	Nervous
I know how my body feels when I experience this emotion.				
I know the impact this emotion has on me.				
I know how others respond to me when I am having this feeling.				
	Proud	Disappointed	Jealous	Depressed
I know how my body feels when I experience this emotion.				
I know the impact this emotion has on me.				
I know how others respond to me when I am having this feeling.				

*Yes • Sometimes • No*

List any emotions you have trouble identifying.  
Consider whether or not you want to be more aware of these emotions.

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# Personal Qualities

## Part 2:

1. Check the most appropriate box to rate the personal qualities listed in the left-hand column.
2. Add other qualities that are important to you, and rate the qualities you add.
3. When you are finished:
  - Look at the qualities you think are your strengths. Circle three or four that are most important to you.
  - Look at the qualities you demonstrate inconsistently or wish you demonstrated. Star three or four that you want to work on.
  - Look at the qualities that don't matter to you. Reflect on the reasons and whether or not you want to change your opinion.

Quality	I demonstrate this quality most of the time.	I demonstrate this quality sometimes.	I wish I demonstrated this quality.	This quality doesn't matter to me.
Compassionate				
Organized				
Sense of humor				
Good communicator				
Take care of my health				
Loyal				
Honest				
Hard-working				
Show self-control				
Confident				
Persistent				
Respectful of others				
Adventuresome				
Generous				
Helpful				
Practical				
Conservative				
Punctual				
Reliable				
Resourceful				
Responsible				
Assertive				
Tolerant				



Quality	I demonstrate this quality most of the time.	I demonstrate this quality sometimes.	I wish I demonstrated this quality.	This quality doesn't matter to me.
Trustworthy				
Perceptive				
Energetic				
Friendly				
Open-minded				
Optimistic				
Flexible				
Ambitious				
Cheerful				
Competitive				
Cooperative				
Creative				
Determined				
Calm under pressure				
Dependable				
Enjoy challenges				
Intuitive				
Level-headed				
Intelligent				
Ethical				
Persuasive				
Outgoing				
Realistic				
Sincere				
Team-oriented				

**personal self-awareness**

Ways I will expand my personal self-awareness are:

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