

Self-Awareness Activity #1

How to be Self-Aware

Try the below suggested activities to learn more about yourself and how to be more self-aware.

1. **Identify your emotions** People need to be able to identify their feelings. Learning the difference between frustration and anger will help people to navigate their emotions. By recognizing the link between their feelings, thoughts, and actions, they can then address these feelings and react to them appropriately.
2. **Seeing yourself honestly** Teaching people to look at themselves honestly can help them respond to compliments, feedback, and criticism openly and earnestly. This sense of self will teach them to see and acknowledge both the positive and negative things in their nature.
3. **Recognizing your strengths and weaknesses** A person's ability to see themselves, acknowledge their shortcomings, and embrace their strengths is a great confidence booster. Knowing that it's okay to admit they're wrong or don't understand something sets them up for growth. Acknowledging aptitude also builds confidence.
4. **Work toward growth** All of these skills lead students to self-efficacy. They understand that self-work and growth are positive activities that result in healthy, happy people with a drive to achieve.

Self-Awareness Activity #2

Positive Awareness

Write a list of the things you like about yourself. If you need a nudge, try something like “I am cheerful,” or “I am creative.” Older people should try to dig a little deeper. After you complete your list you should put this list in a place where you’ll often see it to reinforce the positives you see in yourself.