

Self Awareness Worksheet

This Self Awareness PERSONAL DEVELOPMENT WORKSHEET is courtesy of: <https://www.healingtheplanetfromwithin.com>

Self-awareness is the first step in making dynamic and positive changes in your life. Take some time to get to know your overall circumstances including your thoughts, feelings, beliefs, attitudes and behaviours. Use this free personal development worksheet to evaluate and check-in with how you feel on the following scales. And then use the "Thought Awareness" Worksheet and the "Identifying Values" worksheet to help explore more aspects of who you are. Identify where you feel you are currently on the following scales.

Self Esteem

Low 1 2 3 4 5 6 7 8 9 10 High

Feelings of Peace

Low 1 2 3 4 5 6 7 8 9 10 High

Happiness

Depressed 1 2 3 4 5 6 7 8 9 10 Happy

Worthiness

Not Worthy 1 2 3 4 5 6 7 8 9 10 Very Worthy

Assertiveness

Timid 1 2 3 4 5 6 7 8 9 10 Assertive

Calmness

Explosive 1 2 3 4 5 6 7 8 9 10 Calm

Life Stresses

Out of Control 1 2 3 4 5 6 7 8 9 10 Controlled

Friendly

Cold 1 2 3 4 5 6 7 8 9 10 Easy to Approach

Time Management

Disorganised 1 2 3 4 5 6 7 8 9 10 Organised