

DEVELOPING SELF AWARENESS

Having a better understanding of ourselves is vitally important, especially during times of change when we can feel lacking in self confidence. Feeling confident helps us to consider our options more positively and being able to talk confidently about ourselves is a great asset. The following questions may help you to have a better understanding of yourself. It may feel rather self indulgent but try to overcome that and have a go at giving a brief response to each one.

One thing I like about myself is...

One thing others like about me is...

One thing I do very well is...

A recent problem I've handled very well is...

When I'm at my best I...

I'm glad that I...

A compliment that has been paid to me recently is...

A value that I try hard to practise is...

People can count on me to...

They said I did a good job when I...

Something I'm handling better this year than last is...

One thing that I've overcome is...

A good example of my ability to manage my life is...

I'm best with people when...

One goal I'm presently working towards is...

A recent temptation I managed to overcome was...

I pleasantly surprised myself when I...

One way I successfully control my emotions is...

One important thing I intend to within the next 6 months...