Self-Awareness Worksheet

Self-Awareness Goal

Top 3 Values

1. _____

_____

2. _____

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3. _____

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Notes:

Top 3 Life Aspirations

1. _____

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2. _____

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3. _____

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Notes:

Words and phrases that I use to describe myself

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3 Insights from Reflecting on My Behavior Last Week

1.
2.
3.

Feedback from Friends

1.
2.
3.

Notes:

Next Steps

Words and Phrases Others Use to Describe Me