



# Mother Gaia's Wellness

Your Guide through Change

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## SELF-AWARENESS WORKSHEET

Self-awareness happens through reflection. An individual can have experiences throughout life without being self-aware. Taking the time to step outside of personal experiences and reflecting on them helps build self-awareness. The main areas of self-awareness include personality traits, values and beliefs, emotional state, routines and habits, and the physiological and psychological needs that motivate behaviors.

**Self-Awareness & Self-Discovery are based on personal understanding of:**

- the beliefs, values, or principles followed
- what an individual values, or what is important to them
- the motivations that cause choices
- personal feelings and emotions
- individual thinking patterns and learning tendencies
- reactions to certain situations based on personal background/upbringing
- the goals an individual wants to accomplish

**WHO AM I?** – contemplating these helps with personal development:

**What do you consider to be your greatest talents or skills?**

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**What talents or skills make you feel pride/satisfaction?**

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**What talents/skills do you admire in others?**

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**What talent/skill do you want to develop?**

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**What are your 5 greatest strengths?**

1.

2.

3.

4.

5.

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**What are your 3 biggest weaknesses?**

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1.

2.

3.

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**What do you consider to be your best qualities?**

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**What qualities do you wish you had?**

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**What qualities/traits do you admire in others?**

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**What behaviors, traits, or qualities do you want other people to admire you for?**

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**What are the 10 things that are important to you?**

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1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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**What are the 3 most important?**

1.

2.

3.

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**Do you feel you spend enough time on/with the things you value most? Why/Why not?**

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**How is the 'public you' different from the 'private you'?**

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**What makes it hard to be yourself with others?**

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**Are you trying to please others with the way you do things?**

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**What do you want people to think and say about you?**

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**How do your behaviors influence what others think/say about you?**

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**What do you not want people to think about you?**

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**Is it more important to be liked by others or to be yourself? Why?**

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**Who are the people that allow you to feel/be yourself?**

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**What places allow you to feel/be yourself?**

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**What activities allow you to feel/be yourself?**

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**How do you want people to remember you when your gone?**

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**What are three things you are most proud of in your life?**

1.

2.

3.

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**What do you hope to achieve in life?**

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**If you received an award, what would you want it to represent? Why?**

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**If you could accomplish one thing in the rest of your life, what would it be?**

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**What do you believe you are here to accomplish or contribute to the world?**

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**List 3 things that you ARE:**

1.

2.

3.

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**List 3 things that you are NOT:**

1.

2.

3.

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**What is something tangible (animal, flower, jewelry) or intangible (song, poem, symbol) that represents you? Why?**

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**What do you like best about yourself?**

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**What do you like least about yourself?**

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**What are three things you would change most about yourself?**

1.

2.

3.

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**Who are the 2 people you most admire? Why?**

1.

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2.

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**What are 5 things you love to do?**

1.

2.

3.

4.

5.

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**What matters to you most in life?**

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**What makes you happy?**

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**What are 3 things you believe you need to have a great life? Why?**

1.

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2.

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3.

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**What principles do you stand for?**

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**How do you want to impact the lives of others?**

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**FINISH THE SENTENCE:**

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**I do my best when...**

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**I struggle when...**

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**I am comfortable when...**

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**I feel stress when...**

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**I am courageous when...**

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**One of the most important things I learned was...**

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**I missed a great opportunity when...**

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**One of my favorite memories is...**

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**My toughest decisions involve...**

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**Being myself is hard because...**

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**I can be myself when...**

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**I wish I were more...**

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**I wish I could...**

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**I wish I would regularly...**

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**I wish I had...**

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**I wish I knew...**

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**I wish I felt...**

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**I wish I saw...**

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**I wish I thought...**

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**Life should be about...**

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**I'm going to make my life about...**

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