

## Self-Awareness Self-assessment worksheet



Self-awareness strengths	Unaware	Fully aware
I know my strengths in the areas of intelligence, skills, and technical and functional knowledge.	1 2 3 4 5 6 7 8 9 10	
I know my weaknesses in the areas of intelligence, skills, and technical and functional knowledge.	1 2 3 4 5 6 7 8 9 10	
I am aware of my emotions and able to manage them.	1 2 3 4 5 6 7 8 9 10	
I know my emotional triggers.	1 2 3 4 5 6 7 8 9 10	
I understand my interpersonal strengths and weaknesses.	1 2 3 4 5 6 7 8 9 10	
I can differentiate myself and what I am feeling from those around me.	1 2 3 4 5 6 7 8 9 10	
I understand the boundaries where my responsibilities end and the responsibilities of others' begin.	1 2 3 4 5 6 7 8 9 10	
I am aware of my intuition and know the situations where I can trust it.	1 2 3 4 5 6 7 8 9 10	
I am able to understand and accept the reality of my personal situation.	1 2 3 4 5 6 7 8 9 10	
I am able to understand the cause and effect of circumstances in my life.	1 2 3 4 5 6 7 8 9 10	
I am clear on my motives and desires in life, in relationships, in work, etc.	1 2 3 4 5 6 7 8 9 10	
In addition to my own perspective, I am able to see myself as others see me.	1 2 3 4 5 6 7 8 9 10	
I know roughly where I am on the scale from "haven't got a clue" to completely self-aware.	1 2 3 4 5 6 7 8 9 10	
I recognize most of my blind spots and areas for development.	1 2 3 4 5 6 7 8 9 10	
I am continually striving to become more self-aware.	1 2 3 4 5 6 7 8 9 10	