

Building Character & Confidence

Self-Awareness

Goal: Open the eyes of understanding to create higher levels of perception and balance.

To become self aware requires you to take a good look at yourself. Who are you? What do you want out of your life? Answers to these questions, and others, can be found by journaling. There are many ways to journal. In this worksheet, we will discuss different types of journaling and how you can use them to become more self aware. Through these types of journaling, you will increase your self awareness and learn more about yourself.

On the lines below or on a separate piece of paper write your ideas, solutions and actions for your problem, opportunity, or goal.



	Realizations, Inspiration, and Actions.	Action Completed
Day #1	<i>I realize...</i> _____	
	<i>My action/plan is...</i> _____	<input type="checkbox"/>
Day #2	_____ _____	<input type="checkbox"/>
Day #3	_____ _____	<input type="checkbox"/>
Day #4	_____ _____	<input type="checkbox"/>
Day #5	_____ _____	<input type="checkbox"/>
Day #6	_____ _____	<input type="checkbox"/>
Day #7	_____ _____	<input type="checkbox"/>

