



# My Self-Awareness Worksheet

Six short exercises that build the core of self-awareness: a precise name for what you feel, the patterns you repeat, and an honest look at how you come across.

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## 01 Where am I starting from?

How well do I understand why I feel and act the way I do?

1 2 3 4 5 6 7 8 9 10

Not at all

Very well

One thing about myself I'd genuinely like to understand better:

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## 02 Name what you're actually feeling

Vague feelings are hard to act on. Get specific: not 'bad', but 'overlooked', 'restless', 'let down', 'ashamed'. The exact word usually points at the real cause.

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2.

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3.

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4.

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5.

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## 03 Spot your patterns

Think of a reaction you've had more than once. Map it out, the loops you can't hold in your head become clear on paper.

The situation

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What I did / felt

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What it cost me,  
or what I wanted  
instead

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#### 04 The story vs the evidence

We narrate ourselves constantly, and the narration isn't always true. Pick one story you tell about who you are and weigh it fairly.

A story I tell about myself ('I'm the kind of person who...'):

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What the actual evidence says, for and against:

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#### 05 How you come across

This is the half you can't see alone. Compare your guess to reality, and note one person honest enough to ask.

How I think I come across

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How others might actually experience me

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One person I trust enough to ask 'how do I come across?':

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## 06 One thing to watch this week

Self-awareness grows by noticing in real time, not by deciding to be different. Pick one pattern and just watch it.

The single pattern I'll pay attention to this week, and what I'll watch for:

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### When you're done, a moment to reflect

- Which feeling were you most surprised to find a precise word for?
- Looking at your patterns, what need do they seem to be trying to meet?
- What changes if you watch a pattern with curiosity instead of judging it?

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.