Self-Awareness Worksheet

Name: ___________________________  Date: ___________________________

Directions: Answer the questions below and then come up with goals.

1. Things I am good at: ____________________________________________________
   ______________________________________________________________________

2. Things I do that make me happy: _________________________________________
   ______________________________________________________________________

3. Things I do that make my parents happy: ________________________________
   ______________________________________________________________________

4. Something I want to learn to do: _________________________________________
   ______________________________________________________________________

5. Things I could improve upon: ___________________________________________
   ______________________________________________________________________

6. Things my parents wish I did less: _______________________________________
   ______________________________________________________________________

7. Things my parents wish I did more: ______________________________________
   ______________________________________________________________________

   Personal goal: __________________________________________________________

   Parent goal: ____________________________________________________________

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