

Self-Awareness Worksheet for Adults

This Self-Awareness worksheet focuses on discovering “Who am I?.” Spend some time contemplating the following:

What are your greatest talents or skills?

Which of your talents or skills gives you the greatest sense of pride or satisfaction?

What talents or skills do you admire most in others?

What talent or skill do you wish to develop for yourself?

What are your five greatest strengths?

What do you feel are your two biggest weaknesses?

What are your best qualities/characteristics?

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

What are the three most important things to you?

Do you spend as much time as you would like to on/with these things? Why or why not?

What makes it hard to be yourself with others?

How are you trying to please others with the way you live your life?

Who are the people with whom you feel 'yourself'?

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

What do you hope to achieve in life?