

self-awareness



What emotion shows
up most often for you
lately, and what do you
think it might be trying
to tell you?



Think about a moment
when you felt truly
comfortable being
yourself. What made
that possible?



What helps you
calm down when
your thoughts
feel busy or
overwhelming?



Something people
often misunderstand
about you, and how
you wish they would
see you instead.



A recent situation
where you listened to
your needs instead
of expectations.



What does
taking care of
yourself really
look like in
your daily life?



A time when you noticed your body reacting before your mind did. What did you learn from it?



Which values
guide your
decisions the
most right now?



A situation where
you felt proud
of your growth,
even if no one
else noticed.



What does
being honest
with yourself
mean to you?

