

# Self-awareness worksheet

What are three of your greatest strengths?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What two things seem harder for you than for other kids your age?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are two of your favorite things to do?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are two of your least favorite things to do?

1. \_\_\_\_\_
2. \_\_\_\_\_

List three of your recent successes (big or small):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Why was I successful?**

**What could I have done differently?**

List two things you did recently that you could have done better:

1. \_\_\_\_\_
2. \_\_\_\_\_

Who do you turn to for help with things that are hard for you?

\_\_\_\_\_

**How do learning and thinking differences make me stronger?**

Do you think struggling with things makes you a stronger person? ( Yes / No )

**How can I describe my unique way of learning to friends and teachers? Are there any adults who can help me think this through?**

Are you open to talking with friends about what you're strong at and what you struggle with? ( Yes / No )

Are you open to asking teachers for help with things that are hard for you? ( Yes / No )