

Name \_\_\_\_\_

## The Adventure of Self-Discovery

### Short Answer

1. How can self-awareness lead to better decision-making in your life?
2. Provide an example of an activity that can help you explore your interests and get to know yourself better.
3. Why is asking for feedback from friends and family valuable in the journey of self-discovery?
4. How does setting goals relate to self-awareness and knowing yourself better?
5. Explain how practicing mindfulness and meditation can contribute to self-discovery.

