

Name \_\_\_\_\_

## Discovering the Magic of Self-Awareness

### Multiple Choice Questions

1. What is self-awareness?
  - a) A magical mirror
  - b) The ability to recognize and understand your own thoughts, emotions, and behaviors
  - c) A library filled with books
  - d) Being a superhero
  
2. How can self-awareness help you with your emotions?
  - a) By making you ignore your emotions
  - b) By helping you understand and recognize your emotions
  - c) By turning your emotions into superpowers
  - d) By making you more mindful
  
3. What does mindfulness mean?
  - a) Being absent in the moment
  - b) Being fully present in the moment
  - c) Daydreaming all the time
  - d) Ignoring the world around you
  
4. What is one way to enhance self-awareness?
  - a) Avoiding reflection on your actions
  - b) Ignoring feedback from others
  - c) Keeping a journal
  - d) Being mindless
  
5. What is the purpose of self-awareness?
  - a) To become someone else
  - b) To understand and improve yourself
  - c) To ignore your thoughts and feelings
  - d) To become a superhero

