Name _____

Discovering the Magic of Self-Awareness

Short Answer

1. Give an example of how self-awareness can help you with your emotions.

2. How is self-awareness related to being mindful? Explain.

3. Mention one way you can enhance self-awareness, other than keeping a journal or seeking feedback.

4. Why is understanding your strengths and weaknesses important for self-awareness?

5. How can self-awareness be compared to being the librarian of your mind?

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