Name _____

Discovering the Magic of Self-Awareness

Open-Ended Response Questions

1. Describe a situation from your own life where self-awareness played a significant role in your decision-making and actions. How did it help you?

2. Think about a time when you struggled with understanding your emotions. What steps did you take to become more self-aware in that situation, and what did you learn from it?

3. Imagine you are teaching someone younger than you about self-awareness. How would you explain it to them, and why do you think it's essential for everyone to develop this skill?

4. Reflect on your own strengths and weaknesses. How do you think being aware of these aspects of yourself can lead to personal growth and better relationships with others?

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