

Name _____

Discovering the Magic of Self-Awareness

Short Answer Key

1. Example: Self-awareness can help me with my emotions by allowing me to recognize when I'm feeling stressed and then figuring out why I'm stressed, such as being overwhelmed with schoolwork or worrying about a test.
2. Self-awareness is related to being mindful because it involves being fully present in the moment and paying attention to your thoughts, emotions, and behaviors as they happen, just like mindfulness.
3. Answer may vary. Example: Another way to enhance self-awareness is by regularly setting aside time for self-reflection and introspection, where you think about your experiences and how they've shaped you.
4. Understanding your strengths and weaknesses is important for self-awareness because it helps you make better choices and decisions that align with your strengths and work on improving your weaknesses.
5. Being aware of your strengths and weaknesses is like being the librarian of your mind because it allows you to organize and access the information about yourself, just like a librarian organizes and manages books in a library.

