

SELF-AWARENESS

Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions.

Self-Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.



Your sense-of-self is a unique combination of your self-esteem, self-concept, and self-confidence. Each of these three factors is equally important, and all three are constantly interacting to help you to determine your sense-of-self.

- ★ **Self-Esteem:**
feelings of personal worth
- ★ **Self-Confidence:**
beliefs about self and activities
- ★ **Self-Concept:**
beliefs, attitudes and opinions about personal experience

Self-Esteem

Write down your good points - things I like about myself.

ABILITIES

SKILLS

PERSONAL QUALITIES

What others like about me.

ABILITIES

SKILLS

PERSONAL QUALITIES

Self-Criticisms

Sometimes we have an inner voice that tells us how wrong, bad or undeserving we are. This inner critic can keep us from feeling good about ourselves. List the characteristics you do not like about yourself and how you can change those things.

Example: I don't like to go against my friends even when I don't like what they are doing.

Change: I can tell my friends that I don't want to go along with them in a calm voice and do what I think is right.

Fallout: If my friends don't like it, I will just have to learn how to deal with that. At least I will feel good that I stuck to my beliefs.

1 _____

Change: _____

Fallout: _____

2 _____

Change: _____

Fallout: _____

Self-Confidence

We are not born with self-confidence; we learn and develop self-confidence from our interactions with family, friends, and others.

Think about people you know who appear to have self-confidence.
List them and what makes you think they are confident.

ROLE MODELS

Ex: Teacher

WHAT MADE THEM CONFIDENT

Even though my teacher said she once was afraid to talk in front of the class, she had a friend who would practice with her and helped her develop her speaking skills.

HOW THEY ACTED

She smiles at the class and speaks clearly in a friendly voice and tells great stories.

Positive Risk-Taking

These are actions that you can take to increase your self-confidence. These actions do not risk your health or well-being, and affect you in a positive way.

Example: You have never thought of yourself as an athlete, but you do like team sports. You decide to work on your basketball skills and try out for the basketball team.

HERE ARE SOME QUESTIONS YOU CAN ASK YOURSELF.

What personal risks have you taken in the past that have led to success for you? _____

What personal risks have you not taken in the past that probably would have led to greater self-confidence?

What school, job, or volunteer risks have you taken in the past that have led to success for you? _____

What school, job or volunteer risks have you not taken in the past that probably would have led to greater self-confidence? _____

Self-Concept

KNOW YOURSELF

How are you unique? _____

What would you like to change about yourself? _____

In what ways are you worthwhile? _____

What do you accept about yourself? _____

About what do you criticize yourself? How accurate are these criticisms? _____

What about your appearance do you like? _____

What about your appearance do you dislike? _____

Sense of Self Quotations

Place a check by the quotes that you feel might inspire you to have a greater sense-of-self.
Print them out and put in your notebook or next to your computer.

- Knowing yourself is the beginning of all wisdom.*
ARISTOTLE
- No one can make you feel inferior without your consent.*
ELEANOR ROOSEVELT
- Someone's opinion of you does not have to become your reality.*
LES BROWN
- Self-trust is the first secret of success.*
RALPH WALDO EMERSON
- Why fit in when you were born to stand out?*
DR. SEUSS
- It took me a long time not to judge myself through someone else's eyes.*
SALLY FIELD
- Step out of the history that is holding you back. Step into the new story you are willing to create.*
OPRAH WINFREY
- Find out who you are and do it on purpose.*
DOLLY PARTON
- Our future is our confidence and self-esteem.*
TUPAC

FACTS ABOUT SENSE-OF-SELF

- » Perceived successes and failure impact one's sense-of-self.
- » People see themselves differently from the ways others perceive them.
- » Sense-of-self is relatively stable but can be learned and changed.
- » People behave in ways consistent with their sense-of-self.
- » Faulty thinking patterns can create a negative sense-of-self.
- » Self-criticism can negatively affect one's sense-of-self.
- » Sense-of-self consists of three parts:
 - Self-concept
 - Self-esteem
 - Self-confidence

