

Self-Awareness Worksheet for Older Children

What are three of your greatest strengths?

What two things seem harder for you than for other kids your age?

What are two of your favorite things to do?

What are two of your least favorite things to do?

List three of your recent successes (big or small):

List two things you did recently that you could have done better:

Who do you turn to for help with things that are hard for you?