

Who Am I?

Self-awareness is the capacity to view yourself clearly, from your values, desires, and passions, to your moods, beliefs, thoughts, and feelings.

When we give ourselves a chance to introspect, we increase our *internal self-awareness*, or our self-knowledge.

When we consider how others see us, in turn, we increase our *external self-awareness*, which relates to how well we understand others' impressions of us.

Use the questions on this worksheet as thinking points, to build up your self-awareness. Write your answers in the spaces provided, or separately in a journal of your own - whatever works for you.

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Part 1: Who Am I?

When we explore ourselves internally, we give ourselves a chance to compare our thoughts, behaviors, and feelings a little more closely.

Often, this can reveal a little about how closely our actions and emotions are aligned with subconscious standards or values that we hold. We can become more proactive about realigning, or changing, either.

Find a quiet place and answer these questions at your own pace, writing as much or as little as you like. There are no right or wrong answers; answer as truthfully as possible.

Other people frequently view us differently from the way we see ourselves.

How do you think your closest friend or family member would describe you in one paragraph?

If one of your workmates was to tell a story about you, what do you think they would say?

If your life partner was describing your biography, what kinds of things would they mention?

Now, try to forget about others' perspectives.

If you were writing to your past self, what would you choose to include about who you are, now?

Imagine you're talking to your future self. What would you say about what makes you, you?

Take a moment to get in tune with your thoughts and write a little about your day. Try not to write solely about tasks and activities - but how you felt, and what you thought, at the time.

Part 2: Debrief

With your answers recorded, consider the following:

- What stands out from your answers? Are there any that particularly surprise you?
- How did the exercise make you feel?
- What do you feel you learned from it?
- What steps can you take to keep building on your self-awareness?

References:

- Duval, S., & Wicklund, R. A. (1972). *A Theory of Objective Self-awareness*. MA: Academic Press.
- Duval, T. S., & Silvia, P. J. (2002). Self-awareness, probability of improvement, and the self-serving bias. *Journal of Personality and Social Psychology*, 82(1), 49-61.