

Self-Awareness Assessment – Part 1

You start losing at Tennis against the school friends you have beaten before. You tell yourself:

- ☐ That you have lost your touch forever
- ☐ That it's a temporary thing and eventually you will be back to your winning ways
- ☐ That you need to change your technique

Your school is looking for someone to volunteer for a particular task. You are not familiar with the task but a friend suggests you volunteer. Your response would be:

- ☐ "Maybe next time once I am more familiar with the task"
- ☐ "This task is simply not for me"
- ☐ "Why not? I know I won't make a complete mess of it"

You try your hand at something new and fail. You would:

- ☐ Argue that it was a tough ask in the first place
- ☐ Realize the fact that you have become wiser as a result and will do the task differently the next time
- ☐ Console yourself by saying you tried your best

You are invited to a costume party and the theme is either "super hero" or "historical figure". You have a great idea for a super hero, but your friends, who are also invited, have opted to go as historical figures. Eventually you decide to:

- ☐ Not go, as you are confused
- ☐ Go as a historical figure so that you don't look odd
- ☐ Go with your original idea and dress as a super hero

Self-Awareness Assessment – Part 2

- What in your life makes you happy?
- What areas of your life do you value the most?
- What are your areas of weakness?
- What motivates you to succeed?
- What does success look like to you?
- What are you good at?
- What are your long-term goals?
- How do you relate to others?