

Self-awareness Worksheet

Complete this worksheet at the end of each day for one week. Describe the situations you were involved in throughout the day, what you were thinking and feeling, and what actions you took in those situations. Look for any patterns that repeat in multiple situations. It may be helpful to discuss your answers with a trusted friend, coach or advisor.

Situation	Thoughts	Feelings	Actions
What was I involved in today? A situation can be anything: coffee with a friend, a meeting, your commute, etc.	What was I thinking in that moment?	What was I feeling in that moment?	What did I do?