



MODULE 1

Self Awareness Questions

Lesson 3

SELF AWARENESS QUESTIONNAIRE

Find a quiet and distraction-free space to be and answer the following 10 questions:

1 What am I good at and am I not good at?

2 What makes me tired or lose interest quickly?

3 What is the most important thing in my life and who are the most important people in my life?

4 What stresses me out and what relaxes me?

SELF AWARENESS QUESTIONNAIRE

Find a quiet and distraction-free space to be and answer the following 10 questions:

5 What's my definition of success?

6 How do I want others to see me?

7 What triggers me emotionally (happy, sad, angry...)?

SELF AWARENESS QUESTIONNAIRE

Find a quiet and distraction-free space to be and answer the following 10 questions:

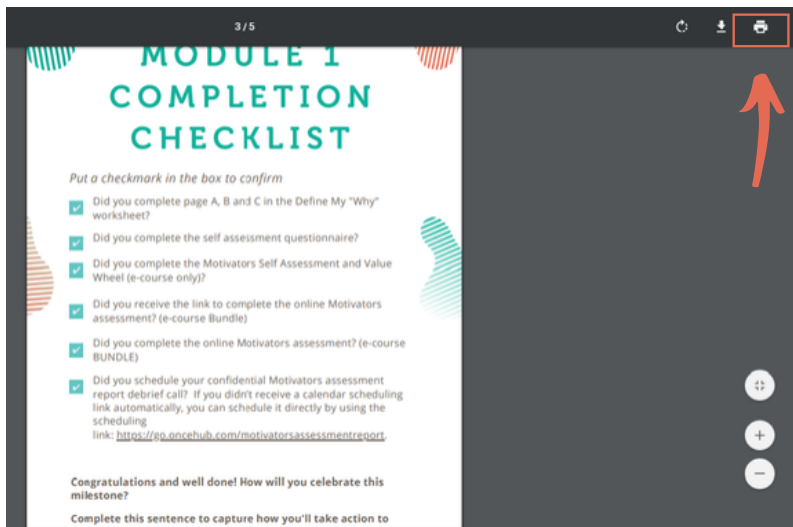
8 What type of person do I want to be? (for each key role in my life)

9 What do I think about myself?

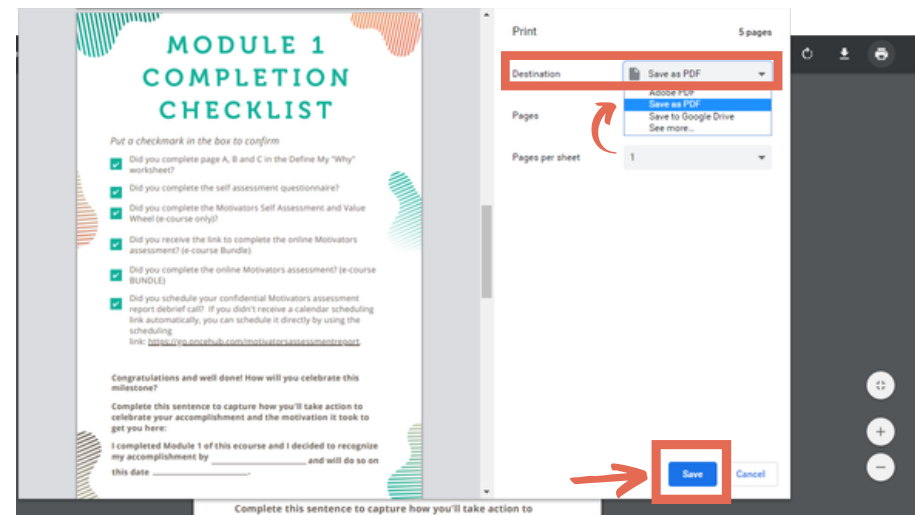
10 What makes me afraid?

Guide on how to save your worksheet

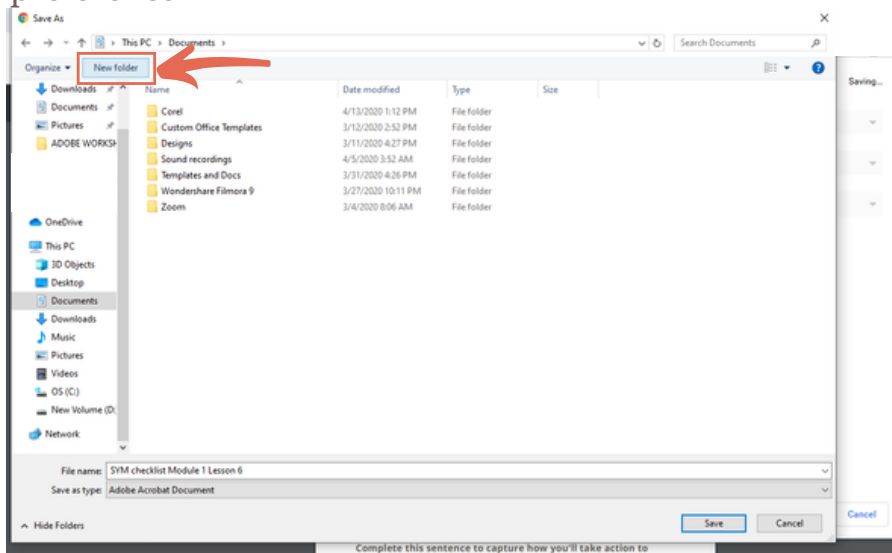
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

