

Self-Awareness



- I can identify my emotions, strengths, and difficulties.
- I can identify what I like and dislike.
- I can ask for help after I've tried 2 solutions to solve a problem.

The ability to accurately recognize your emotions and thoughts and know how they influence behavior. This includes accurately assessing your own strengths and limitations. A person who is self-aware has a well-grounded sense of optimism and confidence.