

Self-Awareness



- I recognize and label a variety of emotions in myself and others.
- I use a growth mindset to recognize and build on my strengths.
- I reflect on similarities and differences between my personal beliefs and those of others.

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.