

# Self-Awareness



- I am positive and have confidence in my work.
- I am aware of my own emotions and how they may be the same or different from others.
- I am aware that I am part of a family and part of a larger community.
- I am aware that I am a unique individual.

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.