



SELF-AWARENESS

reflection.

SELF-AWARENESS IS OUR ABILITY TO OBSERVE AND OBJECTIVELY IDENTIFY OUR THOUGHTS, FEELINGS AND IMPULSES, AND DETERMINE IF THEY ARE GROUNDED IN REALITY.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

