
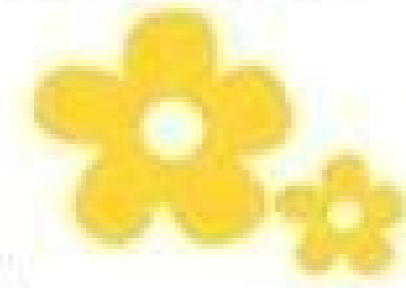


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All About Me...

Three words that describe me



My career when I grow up

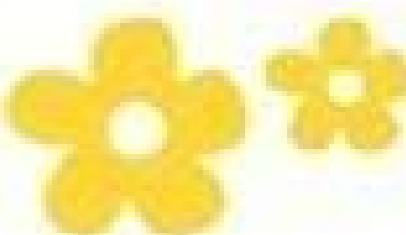
I'm really good at

My name

What I like to do for fun

Books or movie I enjoyed

My family



Let the words flow.

You may be surprised at what comes out. The wellness wheel is a crowd favorite.

It helps you outline a holistic well-being plan that includes eight sections: SpiritualPersonal growthRelationshipsFun/recPhysical and mental healthFinancialCareerEnvironment Essentially, it's a snapshot of where you are at a specific moment in time and helps you map the journey. Many people do wellness wheels on a weekly or monthly basis to keep track of their progress. This self-reflection worksheet from the Happier Mind Journal encourages you to be concise about how you're doing on your self-development path. It includes questions like: What type of person are you today?What three verbs would you use to describe yourself? This work focuses on in-the-moment happiness, allowing you to assess exactly how you're vibing at the time you're doing it. More Related Articles Tune In To Your Emotions With These 15 Feelings Charts For Adults (Printables) 105 Beautiful Good Morning Messages For Him or Her Adore Your Best Friend?

Get Tots Together Using These 75 Meaningful Tattoo Ideas For Best Friends This one-week challenge helps you keep track of: Daily journaling Sleep Fruit and veggie consumption Water consumptionExerciseMeditation At the bottom are four boxes for brainstorming what did and didn't work and why. This option is excellent for people who like tracking their progress and posting thoughts on the page. The key to personal development is having a plan of action. This worksheet asks you to answer questions like: What is my goal?What's the timeframe?What are the success milestones you must overcome to meet your goal? Do one worksheet for each goal you have.

This self-awareness checklist helps you evaluate the current state of your physical and mental health. It lists many questions about your well-being and uses a never-rarely-sometimes-often scale. Questions range from standing up for yourself and eating well.

Like the wheel, this type of worksheet helps track progress. The Self-Care Assessment Therapist Aid uses a four-star rating system and encourages you to evaluate how much you exercise, eat healthily, go to preventative medical care appointments, have fun, and get restorative sleep.

This worksheet is similar to what therapists may use when assessing a new client. This simple self-awareness worksheet is a confidence booster.

There's a simple statement in the middle: I am awesome because... Conversation bubbles surround the statement. Complete it by filling out the bubbles with positive comments about yourself. This may be uncomfortable initially because we're trained not to boast about ourselves. But push yourself; you deserve to bask in your own glory.

Hyperarousal and hypoarousal are similar sounding words with opposite meanings.

When we're hyperaroused, you blow your top. Hypoarousal, however, is a chilling effect that makes you feel detached, shut off, and restricted. This worksheet challenges you to pinpoint what triggers these two extremes in your life. Getting to know yourself worksheets can be a source of pride and lead to self-satisfaction. Using them can open doors of self-awareness to improve your well-being, relationships, and career. Showing top 8 worksheets in the category - Self Confidence. Some of the worksheets displayed are Building your self confidence, Workbook boost your self confidence, Self confidence work, For building body confidence and self acceptance work, Steps to self confidence, The life change list, Improving self esteem, And life skills workbook teen self esteem. Once you find your worksheet, click on pop-out icon or print icon to worksheet to print or download.

Worksheet will open in a new window. You can & download or print using the browser document reader options.