

I Am Aware

Kindness Speaks Volumes - Coaching

The questions listed are ones to help you think about your needs. Take a moment to assess your own self-awareness by checking off the statements that are true for you.

Choose one or two statements that resonate with you and discuss them further or write about them for a few minutes. What are they provoking in you? What do you feel you need to change in your life?

- I avoid wearing a “mask” at work and show my real “face” and expressions when appropriate.
- I express myself openly and honestly. My “yes” is as truthful as my “no.”
- I am aware of when I feel stressed or fatigued.
- I take in the small things during the day that make it pleasant.
- I am aware of what I find important at work and at home.
- I am aware of what gives me happiness.
- I know my personal boundaries and speak up when they are crossed.
- I know what my limits are as well as my strengths.
- I am aware of my gifts and I honor them.
- I recognize and welcome the kindness within others.
- I protect myself with kindness when I am with someone who is struggling with stress or fatigue.
- I am aware of how my emotions affect others and I self-regulate.
- I am aware of what my needs are, and I take care of them.
- When I am stressed, I pause and calm myself before continuing.
- I am aware of when I am proactive rather than reactive and assess a situation before responding.
- I take in kind moments. I offer them and I appreciate them when they are offered to me.

Resource: *Compendium12* by Olivia Mclvor