

Self-Awareness Worksheet



What are three of your greatest strengths?

1. _____
2. _____
3. _____

What two things seem harder for you than for other kids your age?

1. _____
2. _____

What are two of your favorite things to do?

1. _____
2. _____

What are two of your least favorite things to do?

1. _____
2. _____

List three of your recent successes (big or small):

1. _____
2. _____
3. _____

Why was I successful?

What could I have done differently?

List two things you did recently that you could have done better:

1. _____
2. _____

Who do you turn to for help with things that are hard for you?

Do you think having learning and attention issues has made you a stronger person? Yes / No

How do learning and attention issues make me stronger?

How can I describe my learning and attention issues to friends and teachers? Are there any adults who can help me think this through?

Are you open to talking about your learning and attention issues with friends? Yes / No

Are you open to talking about your learning and attention issues with teachers, like explaining why you need a certain accommodation? Yes / No