

15 PRINTABLE WORKSHEETS

SELF-AWARENESS

Life Skills Resources for Adolescents & Young People

Purpose

These worksheets help young people understand their identity, strengths, values, emotions, patterns, boundaries, goals and personal growth.

Name: _____

School / College / Organisation: _____

Facilitator: _____

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1. Who Am I?

Build a clearer picture of your identity, qualities and roles.

Name: _____

Date: _____

Complete the statements

I am someone who _____

One thing I value is _____

People can count on me for _____

A role that matters to me is _____

My identity map

Write 4 words that describe you today.

Write 2 roles you have (for example: friend, learner, teammate).

Write 1 quality you are developing.

Quick reflection: What is one insight you are taking from this worksheet?

2. My Strengths Finder

Notice what you do well - including strengths you may overlook.

Name: _____

Date: _____

Circle or tick your strengths

- Curious ▪ Kind ▪ Responsible ▪ Creative ▪ Patient ▪ Brave
- Honest ▪ Persistent ▪ Helpful ▪ Adaptable ▪ Fair ▪ Calm

Strength in action

A time I used one of these strengths: _____

The strength I want to use more often: _____

How I can practise it this week: _____

Quick reflection: What is one insight you are taking from this worksheet?

3. My Values Compass

Identify the principles that guide your choices.

Name: _____

Date: _____

Choose your top 5 values

- Respect ▪ Honesty ▪ Family ▪ Freedom ▪ Learning ▪ Friendship
- Health ▪ Creativity ▪ Achievement ▪ Kindness ▪ Responsibility ▪ Courage

Go deeper

My #1 value is _____ because _____

A recent choice that reflected this value: _____

One situation where I need to stay true to this value: _____

Quick reflection: What is one insight you are taking from this worksheet?

4. Feelings Check-In

Recognise emotions without judging yourself for having them.

Name: _____

Date: _____

Right now

My main feeling is: _____ Intensity (0-10): _____

Where do I notice it in my body? _____

What happened before I felt this way? _____

What I need

When I feel this way, I may need _____

A healthy response I can try is _____

Someone I can talk to if needed: _____

Quick reflection: What is one insight you are taking from this worksheet?

5. My Triggers & Patterns

Spot situations that repeatedly affect your thoughts, feelings or behaviour.

Name: _____

Date: _____

Notice a pattern

Situation/trigger: _____

What I usually think: _____

What I usually feel: _____

What I usually do: _____

Change the pattern

A more helpful thought could be _____

A better response could be _____

Quick reflection: What is one insight you are taking from this worksheet?

6. My Inner Voice

Explore the way you speak to yourself when things go well or badly.

Name: _____

Date: _____

Catch the voice

A recent mistake or setback: _____

What I said to myself: _____

Would I say the same thing to a friend? • Yes • No

Rewrite it

A kinder, realistic statement I can tell myself: _____

One thing I can learn from the situation: _____

Quick reflection: What is one insight you are taking from this worksheet?

7. My Confidence Ladder

Turn a difficult goal into small, achievable steps.

Name: _____

Date: _____

Choose one goal

Goal I want to become more confident in: _____

Build the ladder

Step 1 - very easy: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5 - challenging: _____

My first action

I will take Step 1 on _____ at _____

Quick reflection: What is one insight you are taking from this worksheet?

8. My Interests & Energy

Discover what activities make you feel engaged, curious and energised.

Name: _____

Date: _____

List and rate

Activity I enjoy: _____ Energy (0-10): _____

Activity I enjoy: _____ Energy (0-10): _____

Activity I enjoy: _____ Energy (0-10): _____

Activity I want to try: _____ Why? _____

Pattern

I feel most engaged when _____

I would like to make more time for _____

Quick reflection: What is one insight you are taking from this worksheet?

9. My Personal Boundaries

Understand what feels comfortable, uncomfortable and respectful to you.

Name: _____

Date: _____

My boundaries

Something I am comfortable saying yes to: _____

Something I need to say no to: _____

A situation where I need more space/privacy: _____

Practise the words

A respectful way to say no: _____

A respectful way to ask for space: _____

Quick reflection: What is one insight you are taking from this worksheet?

10. Feedback & Self-Reflection

Learn to use feedback as information rather than as a label about who you are.

Name: _____

Date: _____

Think of feedback

Useful feedback I received: _____

What part was difficult to hear? _____

What part could help me grow? _____

My response

One change I am willing to try: _____

How I will know it is helping: _____

Quick reflection: What is one insight you are taking from this worksheet?

11. My Digital Self

Reflect on how your online behaviour and digital identity connect with who you want to be.

Name: _____

Date: _____

My online habits

I usually use social media/digital platforms for _____

One online behaviour I am proud of: _____

One habit I want to change: _____

Digital identity check

Does my online behaviour reflect my values? ▪ Mostly ▪ Sometimes ▪ Not

yet One positive change I will make: _____

Quick reflection: What is one insight you are taking from this worksheet?

12. My Stress Signals

Recognise your early warning signs so you can respond before stress builds.

Name: _____

Date: _____

My signals

Physical signal: _____

Thought/emotional signal: _____

Behavioural signal: _____

My reset plan

A healthy activity that helps me reset: _____

A person/place that helps me feel grounded: _____

One small action I can take early: _____

Quick reflection: What is one insight you are taking from this worksheet?

13. My Future Self

Connect who you are today with the person you want to become.

Name: _____

Date: _____

Imagine yourself 3 years from now

What kind of person do I want to be? _____

What qualities do I want to strengthen? _____

What do I want to be known for? _____

Bridge the gap

One habit I can start now: _____

One skill I need to develop: _____

One thing I should stop postponing: _____

Quick reflection: What is one insight you are taking from this worksheet?

14. My Personal Growth Plan

Choose one area of self-awareness and turn insight into action.

Name: _____

Date: _____

My focus

Area I want to improve: _____

Why it matters to me: _____

My current situation: _____

Action plan

What I will do: _____

When/how often: _____

What may get in the way: _____

How I will handle that obstacle: _____

Who can support me: _____

Quick reflection: What is one insight you are taking from this worksheet?

15. Self-Awareness Reflection

Pause, look back and identify what you have learned about yourself.

Name: _____

Date: _____

Complete the reflection

One thing I understand better about myself now: _____

A strength I discovered or appreciated: _____

An emotion or trigger I can recognise more clearly: _____

A value that guides me: _____

One change I want to make: _____

My commitment

For the next 7 days, I will _____

I will remind myself: _____

Signature: _____

Quick reflection: What is one insight you are taking from this worksheet?