



Think for the Future

# WOW Pack

## Self-Awareness

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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# Think about it: Self-Awareness



Have a go at answering the questions below.  
Which ones did you find easy to answer?  
Which ones were tricky?

1. I am good at....

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2. I struggle with....

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3. My friends would describe me as....

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4. My teachers would describe me as....

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5. I would describe me as....

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6. I need help to....

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# Self-Awareness

To me, being self-aware is so important because it really starts off that first step to change in yourself! It is a really key factor in both developing the positive things about you and changing the negative things about you... essentially it is how you grow as a person.

To be self-aware, I analyse myself and look at the reason why I do things or have behaved in a poor, or good manner. There is no doubt being self-aware may cause you to feel uneasy about yourself sometimes, but that's why it's personal, it's for you to work on and you alone.

I also look at being self-aware in a positive way! It's the reason I've succeeded in anything in life. It allows you to identify and analyse the skills you have which means you can develop and work to your strength. When you are aware of your strengths and you are putting in effort to develop them, you'll not only have some idea of what you may do as a career but also help improve your confidence.



## What is self-awareness?

Self-awareness is knowing who you are, what you like, what you dislike, how you react, what are your strengths, and what are your weaknesses.

It sounds obvious, but being self-awareness takes practice and is sometimes difficult! Being fully self-aware is about acknowledging the parts of you which you may not like, as well as your the things you're good at.

## Why is it important?

It helps you see the value in yourself as a person

You can develop your strengths and work on your weaknesses

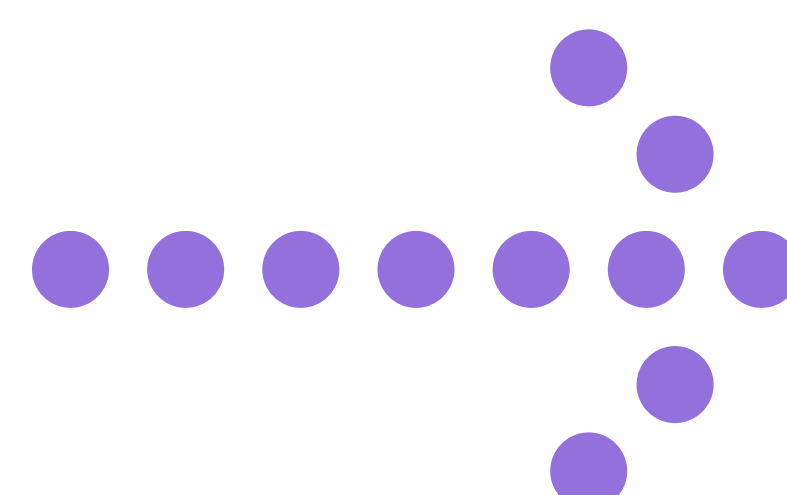
It helps your relationships with other people

It helps improve your self-esteem

It helps you set yourself goals

Watch this video on how being self-aware helps us grow as a person

# Watch this



<https://www.youtube.com/watch?v=HlhEMk7CZ-A>



# 5 Ways Being Self-Aware Can Help You



1

## It helps you see the value in yourself as a person

Improving your self-awareness helps you realise the many strengths and skills you have which you should be proud of! We are all unique and have a worth and a value. Being more self-aware helps us be more aware of how other people see us, and how other people value us.

## You can develop your strengths and work on your weaknesses

Sitting down and identifying what you're good at and not good at may be difficult but it helps us realise just how many different parts of us there are, and we can work on the things we're not so proud of.

2

3

## It helps your relationships with other people

If you are more aware of how you react to certain situations, you will be more aware of how other people react, and you will soon realise you are changing the way you communicate with them! If you are more aware that you get angry more easily, you might start seeing the signs in other people and be able to approach things differently. This will help improve your relationships with your friends, family and teachers.

## It helps improve your self-esteem

Being more aware of your strengths and investing time in them will help you become way more confident in your own abilities. We often listen to the voice in our head that reminds us of all the things we can't do rather than focusing on all the other things we are good at!

4

5

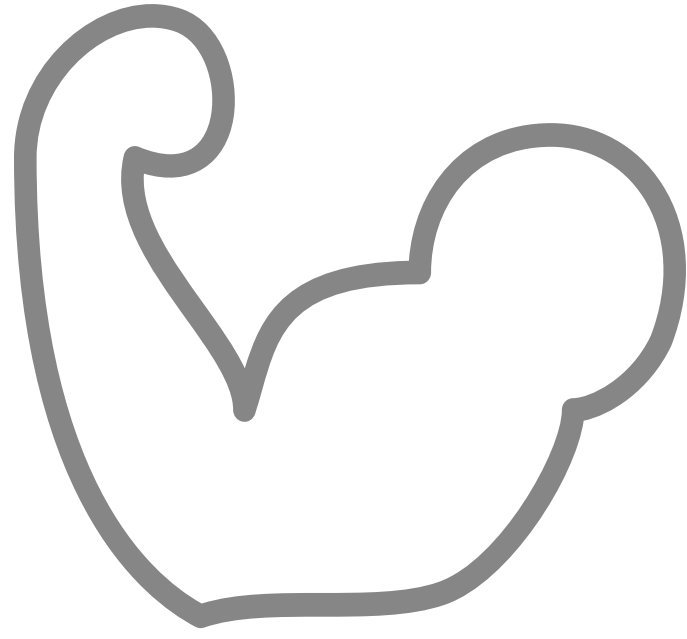
## It helps you set yourself goals

Setting goals and targets help us achieve and feel good about ourselves. Being self-aware helps us know what goals to set, that are achievable and realistic!

Achievable goals are more likely to be supported by other people, and the more encouragement you receive the more likely you are to succeed!



# Self-Awareness Top Tips



## Strengths and Weaknesses

Make a list of your strengths and weaknesses.

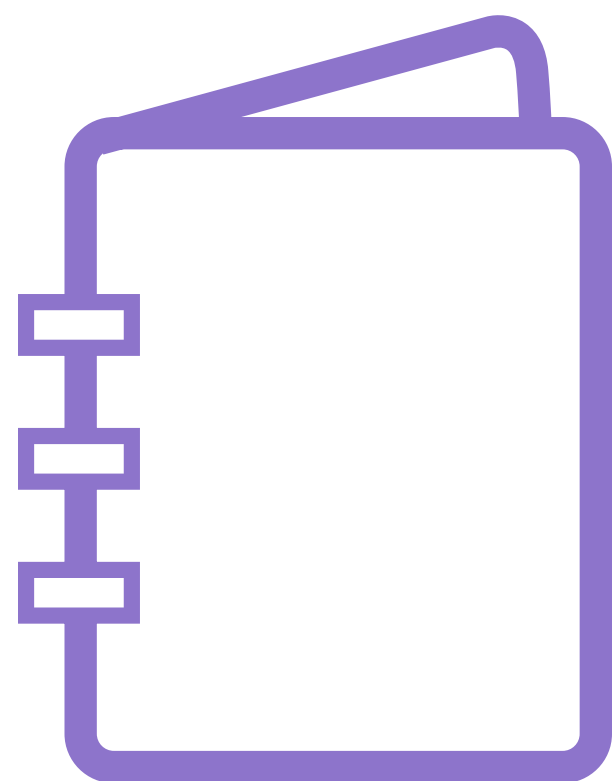
This could be at school or at home, you might be a good listener or a good cook. You might be good at maths or make every sports team. You might need to work on speaking out, you might struggle with spelling, or you may have a short temper.

## Your likes and dislikes

What do you like and dislike about yourself? What do other people like and dislike about you, and what do you like in other people?

It may be about your looks, your good singing voice or your football foot! You may like how other people are good listeners, or they may annoy you when they're constantly interrupting classes.

Sometimes it's easier to see these things in other people than ourselves!



## Keep a journal

Get into the habit of writing down each day how you're feeling and why. It could be because of something you're proud of, or something which you're finding hard.

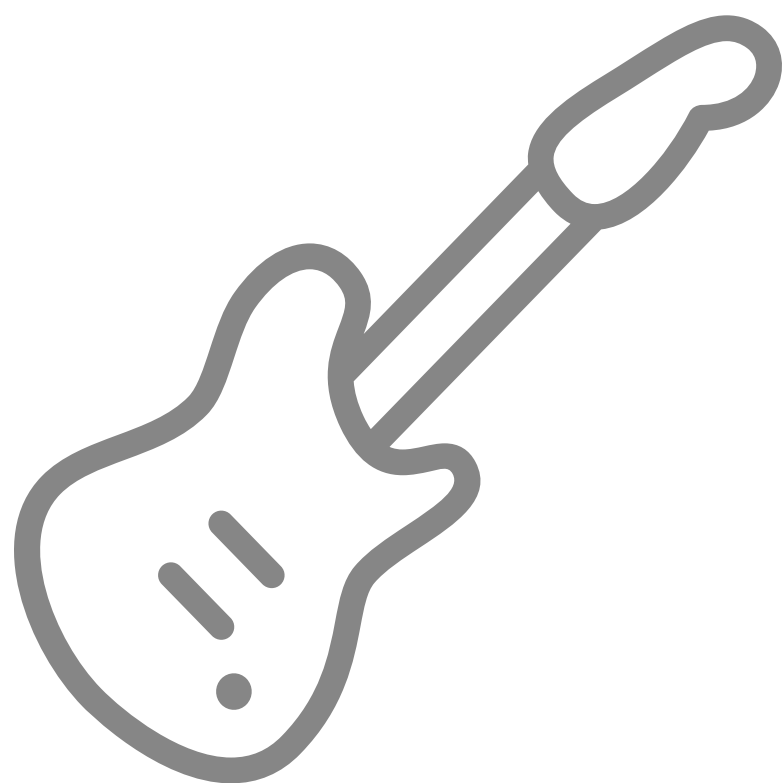
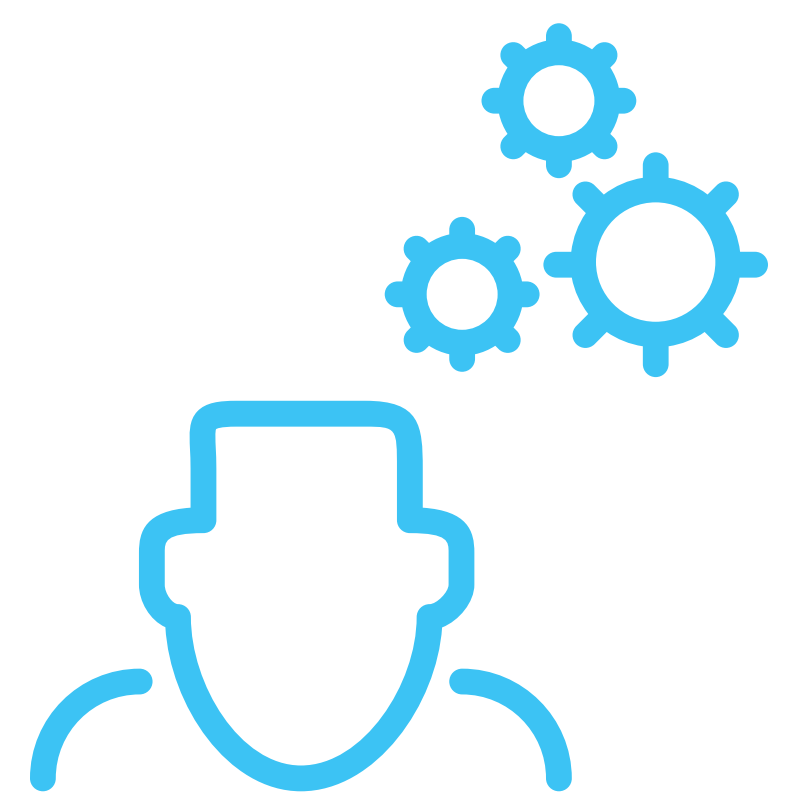
If you find this difficult, write down how you've spent your day. Being more aware of how you're spending your time is important in being more self-aware! You may realise you're spending much more time than you thought on unproductive things.

## Inner-voice

Your inner-voice is all those thoughts that go round your head, 'I look good today' or 'I can't do this'.

Is your inner-voice mostly positive or negative? Each time your inner-voice pipes up, think is it justified? What is causing you to think like that?

Being more self-aware is about being able to choose the right things to say to ourselves.



## Try something new

The best way to find out more about yourself is try something new! Try an activity you've never done before, read a different type of book, watch a film that you wouldn't usually choose. You might dislike it, but you've tried it and therefore have found out something new about yourself!

The more information you can gather about your likes and dislikes, the more you understand yourself as a person.

## Motivate yourself

When you need to make yourself do something, maybe some school work, tidying your room, doing some exercise, what is it that motivates you to do it? Do you give yourself a reward afterwards? Is it the thought of becoming stronger or being able to relax after?

When we realise what it is that motivates us, we can use it to help us reach our goals and develop our skills and weaknesses.



# Take on the challenge!



## Character Building

Whilst you're watching TV tonight, choose one character to focus on

What do they do when they're surprised?

What do they like?

Are they kind?

Do they get nervous?

Do they get angry quickly?

What are they not very good at?

Do people like them?

Would you like to be friends with them?



What are they good at?

## Let us know which character you choose on social media!

## @TFTFuture



# Where else to look...



Click on the icons below!

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