

Unlocking You

SELF-AWARENESS



INTERNAL OPERATING SYSTEM

I AM A HUMAN BEING THAT...

READ THE PROMPTS BELOW AND LIST THE FIRST THING THAT COMES TO MIND. WRITE YOUR RESPONSES IN THE SPACES PROVIDED.

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	



BELIEFS

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF ON A SCALE OF 1-10 WITH HOW SELF AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY, KNOWING AT ANY TIME YOU ARE EMPOWERED TO LEVEL UP!

BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
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NOT VERY

EXTREMELY

ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10
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NOT VERY

EXTREMELY

FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10
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NOT VERY

EXTREMELY

DECISION MAKING

1	2	3	4	5	6	7	8	9	10
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NOT VERY

EXTREMELY

ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
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NOT VERY

EXTREMELY



MY HAPPY PLACE

THINK OF A TIME WHEN YOU WERE SO VERY HAPPY. YOU MAY HAVE TO DIG DEEPLY INTO THE MEMORY BANK, BUT ISOLATE THAT MOMENT. ENTER THE HIGHLIGHTS OF THIS EXPERIENCE/EVENT. INCLUDE THE TIMING OR YEAR, PEOPLE INVOLVED, ACTIVITIES HAPPENING, ETC. GLOW UP THE MEMORY!

NEXT, FOCUS ON TODAY. LIST YOUR CURRENT CIRCUMSTANCES AND PLACE IN LIFE. COMPARE AND CONTRAST YESTERDAY HAPPY YOU WITH TODAY YOU. WHAT, IF ANY, ELEMENTS DO YOU NEED TO INCLUDE IN WORK, COMMUNITY, AND/OR EVERYDAY LIFE TO ENSURE THE HAPPY YOU IS ALIGNED TO THE TODAY YOU?

[illegible]

“Knowing others is
intelligence; knowing
yourself is true
wisdom.”

