

Self-awareness: Rating Scale

Self-awareness is acting appropriately and being able to self monitor oneself.

- 1.) Rate yourself on each of the self-awareness skills listed.
- 2.) Circle the ones you feel you could improve upon.

Write a goal about how you could improve your ability to remember the area of self-awareness, be specific and indicate the strategies you could use in the box to the right.



- 1** Agree **2** Somewhat Agree **3** Disagree

_____ I'm able to concentrate and focus on tasks whether interesting or not.

_____ Take pride in my work

_____ I carefully consider the impact my actions may have on others

_____ I am empathetic towards others

_____ I consider the opinions of others respectfully

_____ I recognize the feelings and needs of others and read body cues

_____ I start tasks promptly and remain on task until completion

_____ I understand what I need to do when solving problems and have useful strategies