

Name: _____

How Well do I Know Myself?

Area	Strength	Area to Improve
<u>Self Awareness:</u> I know what makes me angry and how to calm myself.		
<u>Social Awareness:</u> I understand the point of view of others.		
<u>Self Management:</u> I use my time wisely and remain calm under pressure.		
<u>Decision Making:</u> I work through decisions responsibly.		
<u>Self Management:</u> I know when to talk and I know when to listen.		
<u>Social Awareness Cooperation:</u> I know how to share, take turns and work with others.		