

THE ART OF LIVING WELL

Improve Your Self-Awareness

25 questions to ask yourself to become more self-aware

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What Is Self-Awareness?

Self-awareness is a deep understanding of yourself. It's reflecting on your character traits, understanding your feelings, and knowing what you need to function at your best. It's being aware of what feels meaningful and lights you up. The more you understand who you are, the greater your ability to navigate life and make decisions based on what your personal needs and desires are.

As humans, we are always in a state of change. Our thoughts and beliefs change as we experience different things in life, and as we interact with people who share alternative ways of thinking and looking at the world. Getting to know yourself is something we can come back to and reflect on at various times in life. Understanding ourselves and our motivations help us stay focused and create a fulfilling life.

How to use this workbook

This workbook is here to help you reflect and discover more about yourself. In the end, you will have a clearer idea of who you are and what your needs are in your work and personal life. Answer the questions honestly with the first answer that pops up in your mind and try not to overanalyse them.

How to use the answers to improve your life

The information you gather from this exercise will help you understand how you wish to improve your life and guide you to becoming the best version of yourself.

Bring in more of those activities and rituals that ground you and make you happy. Reduce time with those who bring you down or make changes to move your relationship in a more positive and loving direction. Include more sleep and foods which help you feel good. Remind yourself daily of the qualities that you wish to see in yourself. Practise reframing negative stories which are holding you back.

Introspection can be difficult, but knowing yourself makes life easier to navigate and make decisions. It helps you gain clarity on what matters.

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1. How much sleep do I need?

2. What foods help me feel light and energised?

3. What clothes do I feel good and confident wearing?

4. What relaxes me?

5. What activity makes me lose track of time?

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6. What am I scared of?

7. What makes me angry?

8. What makes me happy?

9. What drains me?

10. What calms me down when I feel stressed and overwhelmed?

11. Who are the most important people in my life?

12. Who in my life brings me down?

13. Who do I look to as a role model and what qualities do I admire in them?

14. What qualities does my ideal self have?

15. What negative story am I clinging to from the past?

Refer to notes on page 07

16. How do I work best?

17. What have I done in my life that I feel most proud of?

18. What is my definition of success?

19. What is my relationship with money?

20. Do I make decisions based on intuition or analysis?

21. How am I making a positive impact in the world?

22. What motivates me to make progress?

23. What piece of wisdom would I give to a younger child about life?

24. What are my values?

Refer to notes on page 07

25. What are my character strengths?

Refer to notes on page 07

Notes

Question 15 - What negative story am I clinging to from the past?

We all have a story. It's usually one that we carry from our younger years and is so ingrained into us that we are barely aware that it's there. But it's there, playing itself on repeat and stopping us from pursuing what we truly desire.

Your story might be that you aren't liked and accepted by others, that you aren't intelligent, or that you have been and will always be overweight.

What is the story that is holding you back?

Question 24 - What are my values?

Values are our chosen life directions. They are our compass that guides our attitudes or actions. Values help us to determine what is important to us, how we make decisions, and how we move through difficult and confusing times in our life. We get to decide what our values are - choosing those that help us to become the person we want to be.

What are your core values? What do you choose to stand for in the world moving forward? Use the list on page 08 to help you decide your core values.

Question 25 - What are my character strengths?

Character strengths are our inbuilt capacities for ways of thinking, feeling, and behaving that are authentic and energising. Understanding our greatest character strengths help us in our work and personal life. When utilised, we feel like we are reaching our full and natural potential.

What are your character strengths? What strengths feel authentic and energising? Use the list on page 09 to help you clarify what your character strengths are.

Values

Select between 5 to 10 values that are most important to you

Accomplishment	Engagement	Influence	Recognition
Accountability	Enjoyment	Innovation	Relationships
Accuracy	Environment	Integrity	Reliability
Adventure	Equality	Intelligence	Reputation
Altruism	Ethics	Intensity	Resourcefulness
Ambition	Excellence	Justice	Respect
Balance	Excitement	Kindness	Responsibility
Beauty	Fairness	Knowledge	Responsiveness
Calmness	Faith	Leadership	Results-oriented
Challenge	Fame	Learning	Safety
Change	Family	Love	Security
Charity	Flexibility	Loyalty	Self-giving
Cleanliness	Freedom	Meaning	Self-reliance
Collaboration	Friendship	Merit	Service
Comfort	Fulfillment	Money	Simplicity
Commitment	Fun	Openness	Sincerity
Communication	Generosity	Optimism	Spirituality
Community	Genuineness	Order	Stability
Compassion	Goodness	Originality	Status
Competence	Goodwill	Passion	Success
Competition	Grace	Patriotism	Sympathy
Connection	Gratitude	Peace	Teamwork
Cooperation	Growth	Perfection	Tolerance
Coordination	Happiness	Perseverance	Tradition
Courage	Hard work	Personal Growth	Trust
Creativity	Harmony	Pleasure	Unity
Curiosity	Health	Power	Variety
Decisiveness	Honesty	Practicality	Vision
Democracy	Honour	Presence	Work
Discipline	Humor	Preservation	Other:
Discovery	Imagination	Privacy	_____
Diversity	Improvement	Prosperity	_____
Efficiency	Independence	Punctuality	_____
Empowerment	Individuality	Quality	_____

Character Strengths

Select 5 strengths that feel authentic and energising

Wisdom	Justice
<ul style="list-style-type: none"> Creativity Curiosity Judgment Love of learning Perspective 	<ul style="list-style-type: none"> Teamwork Fairness Leadership
Courage	Temperance
<ul style="list-style-type: none"> Bravery Perseverance Honesty Zest 	<ul style="list-style-type: none"> Forgiveness Humility Prudence Self-regulation
Humanity	Transcendence
<ul style="list-style-type: none"> Love Kindness Social intelligence 	<ul style="list-style-type: none"> Appreciation of beauty and excellence Gratitude Hope Humour Spirituality

* Based on the Via Character Strengths developed by Christopher Peterson and Martin Seligman