

SELF-AWARENESS WORKSHEET

This worksheet has a set of 10 questions and a rating scale in the end which will help you become more self-aware. This questionnaire has been taken from *Vyaktivita Explorer*, a tool developed by Pravah for exploring various aspects of one’s personality. It was originally published in the book *Ocean in a Drop*.

Instructions: The best way to use this worksheet is to first fill it yourself and then have it filled by two people who know you well (it could be a co-worker, a family member, a friend or a teacher). The idea is for you to learn more about yourself through their eyes. Please use the rating scale provided at the end of the worksheet. In the end, you can compare the three versions.

Indicators	Your response (please give examples as well as numbers wherever possible)
Part 1: Self-awareness	
1. What is the percentage of time I devote to self-reflection daily?	
2. How many times have I been conscious of wearing a mask and not showing my authentic self in the last 6 months?	
3. How many times has my assessment of my strengths and challenges been different from others’ perceptions?	
4. How many times have I recognised a behaviour emerging from a habit in the last 6 months?	
Part 2: Comfort with my identities	
5. How many times have I been flexible about moving in between multiple identities (e.g. can I move between my identities as a boss and a friend)?	

6. Examples of how I questioned and negotiated the roles that have been given to me (in my family, workplace etc) and how I found creative win-win alternatives?	
Part 3: Self-esteem and control	
7. How many times did I take ownership and apologise for my mistakes in the last 6 months?	
8. How many times did I display my depression and anger in the public in last 6 months?	
9. Examples of being assertive without aggressive in the last 6 months.	
10. How many times was I able to withstand peer pressure in the last 6 months?	
<p>Rating scale (1-6)</p> <p>How well do I know myself? Give reasons for the rating.</p> <ol style="list-style-type: none"> 1. Not at all 2. To some degree 3. Quite a lot 4. To a large extent 5. Hugely 6. Completely without exception 	