

WHAT IS SELF-AWARENESS?



KNOWING WHO YOU ARE, WHAT YOU WANT, AND WHY YOU WANT IT

UNDERSTANDING YOUR THOUGHTS, EMOTIONS, AND BEHAVIORS

FOUNDATION FOR MEANINGFUL AND ACHIEVABLE GOALS

LIFE AUDIT – UNDERSTANDING YOUR CURRENT SITUATION



ASSESS YOUR CURRENT LIFE AREAS: HEALTH, CAREER,
RELATIONSHIPS, FINANCES, MINDSET

IDENTIFY WHAT'S WORKING VS. WHAT'S NOT

RECOGNIZE PATTERNS HOLDING YOU BACK

RATE EACH LIFE AREA TO SEE WHERE IMPROVEMENT IS
NEEDED

IDENTIFY YOUR STRENGTHS



LIST YOUR NATURAL TALENTS & SKILLS

REFLECT ON SITUATIONS WHERE YOU PERFORMED WELL

ASK OTHERS WHAT THEY SEE AS YOUR STRENGTHS

USE STRENGTHS AS THE FOUNDATION FOR GOAL CREATION

IDENTIFY YOUR WEAKNESSES



WHAT CHALLENGES DO YOU REPEATEDLY FACE?

SKILLS OR HABITS YOU LACK THAT LIMIT GROWTH

IDENTIFY BEHAVIORS THAT DRAIN YOUR ENERGY

TURN WEAKNESSES INTO IMPROVEMENT
OPPORTUNITIES

DISCOVER YOUR INTERESTS



ACTIVITIES THAT MAKE YOU FEEL EXCITED OR ENGAGED

TOPICS YOU NATURALLY EXPLORE OR TALK ABOUT

WORK/TASKS THAT GIVE YOU FLOW OR SATISFACTION



INTERESTS HELP CREATE GOALS YOU TRULY ENJOY

CLARIFYING PERSONAL VALUES



WHAT TRULY MATTERS TO YOU? (FREEDOM, STABILITY, GROWTH, CREATIVITY, FAMILY, IMPACT, ETC.)

VALUES GUIDE YOUR DECISIONS AND PRIORITIES

MISALIGNED VALUES CAUSE STRESS & CONFUSION

ALIGN GOALS WITH YOUR CORE VALUES FOR FULFILLMENT

PASSION VS. PRACTICALITY FINDING BALANCE



PASSION = WHAT ENERGIZES AND EXCITES YOU

PRACTICALITY = WHAT IS REALISTIC BASED ON YOUR
RESOURCES, SKILLS, AND RESPONSIBILITIES

COMBINE BOTH FOR SUSTAINABLE SUCCESS

CHOOSE GOALS THAT INSPIRE YOU AND FIT YOUR LIFE
SITUATION

PUTTING IT ALL TOGETHER



SELF-AWARENESS REVEALS WHAT GOALS MATTER

ALIGN STRENGTHS + INTERESTS + VALUES

ACCEPT YOUR WEAKNESSES BUT PLAN AROUND THEM

BALANCED GOALS = CLARITY, MOTIVATION, AND LONG-TERM SUCCESS