Personal development: Self awareness

Thinking about yourself, and finding out how others see you (1)

Name ....

Centre ....

Thinking about yourself and your achievements can help you to

- develop self awareness, and
- gain confidence in your own abilities

And this will help you to be successful in any project you take part in.

Being open to hearing what others think of you, and using their feedback to build up your picture of yourself, can only improve your self awareness.

For example, when you are getting ready to plan your career, it's important to work out how your personal qualities and values will influence your choices.

There are several models you could use to as a basis for self assessment and feedback.

You could do a **SWOT Analysis** to evaluate your personal qualities and feelings in relation to making a career plan:

Strengths	Weaknesses
Opportunities	**Threats**

Now think about your feelings about the choices you are going to make and give details on at least **two** from the table below:

Feelings	details of how you feel
Likes	
Dislikes	
Interests	
Fears	
Aspirations or ambitions	
Hopes	

Share the information with your tutor/teacher or other people in your group, and find out what they think and record what they say in the box below.

Strengths	Weaknesses

And remember why learning about yourself is so important to success in whatever you do:

- it helps you become more self confident and independent

- it enables you to set realistic goals and achieve them

- it ensures that you are ready to make the most of opportunities