



SELF AWARENESS

HOW TO DEVELOP SELF - AWARENESS

Teaching Artist Toolkit: The Power of Self-Awareness and Recovery

I AM A PERSON WHO...

Is inspired by...

Is afraid of...

Wants to...

Loves to...

Hates to...

Believes in...

Is happiest when...

Gets upset when...

Strengths

Weaknesses

Constructive feedback can help you to:

- Become better at what you want to achieve.
- Make changes that can have a positive impact on your life.
- Earn the trust and respect of those around you.

Final Reminder:
It's not your job to like me...
It's mine.

arts
+
more