



## HEIGHTENING SELF-AWARENESS

**Self-awareness** is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions.

Ask yourself the following questions and pay attention to your reactions to them. Answer them as honestly as you can, thinking carefully about each question and the truth of your answers.

1. Who am I?
2. What do I consider to be the various parts of my *self*?
3. Am I comfortable with myself?
4. What are the factors that contribute to who I am?
5. What are my strengths?
6. What are my weaknesses?
7. What are my desires?
8. What are my goals?/What do I want to achieve in life?
9. What do I consider to be my purpose in life?
10. What is unique about me?
11. What special abilities /talents do I have?
12. What are my core values?
13. What are my core beliefs?
14. Am I happy with who I am?
15. Is there something I do not understand about myself?
16. What would I like to change about myself?
17. What are my good habits?/ What are my bad habits?
18. What is my single best quality?
19. What is my worst quality?
20. What are my stressors?



21. What makes me happy? What makes me sad?
22. What am I passionate about?/ What gets me excited and claims my undivided attention?
23. Three positive statements about myself: 1. I am... 24. Which world-famous person do I admire most? Why?
25. How do I keep my body healthy?
26. How do I keep my mind healthy?
27. In what ways do I seek to connect with the spirit within/my inner being or core?
28. Do I enjoy my own company? How much time do I spend in my own company?
29. What are the various roles I play?
30. Was there a time when I had to make a difficult choice? What did this teach me about myself?
31. If I had the power to make one positive change to the world, what would I change?
32. Am I able to accept life's disappointments?
33. How do I feel about the relationships I have with others?
34. Am I able to love others?
35. Do I consider the needs and feelings of others?
36. Do I respect the differences I see in others?
37. Am I able to meet the demands of my life?
38. Am I able to think for myself?
39. Do I accept my shortcomings?
40. What quality in me irritates me most?
41. What quality in others do I envy most?
42. What emotion do I least want to feel?/most want to feel?
43. The single activity that gives me most personal satisfaction is...
44. Do I feel valued by others? Who are these others?
45. Do I frequently have relationship conflicts?



46. Do I frequently make choices or take actions based on what others might think of me or how they may react?
47. What do I most/least want others to think of me?
48. Do I have unresolved issues in my life?
49. Am I overly attached to anything/persons?
50. Am I living a lie in some way?
51. Do I frequently react with anger, defensiveness or self-pity?
52. Do I feel out-of-balance or agitated about the direction in which my life is going?
53. Do I find myself over-thinking, worrying or fretting about things?
54. Do I feel myself pulled in different directions from outside demands or influences?
55. Do I have a hard time apologizing for my mistakes?
56. Do I hold grudges against people who have hurt me?
57. Do I struggle with a need to be right, in control, or seen in the best light possible?
58. In what situations do I look happy when I am not?
59. Do I believe in a Higher Power?
60. How would I describe my relationship with this Higher Power?
61. How often do I think about this Higher Power?
62. How is the *public me* different from the *private me*?

### ***Heightening your Awareness as a Parent***

1. What/Who is a parent?
2. Which persons parent?
3. What do you understand by *parenting*?
4. What are the various roles of a parent?
5. Who is responsible for nurturing children's moral development?
6. What do you consider to be the best way to nurture your child's moral development?



7. Which parenting roles are you most/least comfortable with?
8. What are your parenting goals?
9. Have you achieved/Are you achieving your parenting goals? If not, why?
10. What do you need to parent your child effectively?
11. Which of your parenting practices are you dissatisfied with? How do you plan to change this?
12. Are you a “perfect parent”?
13. If you had to start the process of parenting all over, what would you do differently?
14. What parenting style do you use most frequently?
15. Were you born with parenting skills?
16. Where did you learn to parent?
17. Would you describe your parents as being perfect parents?
18. What would you say were their strengths/deficiencies as parents?
19. As a parent, give the single best piece of advice to a parent-to-be. “ *The best advice I can give you is...*”
20. What do you consider to be the greatest joy/ sorrow of a parent?

*“ So long as you do not understand your own self, you are in bondage. If you realise yourself, then there is no bondage.” (Baba)*