



Self-awareness quotes that help children explore their Inner Selves

Some **Self-awareness** quotes for motivating children to explore their inner selves and how they can contribute to the world around them.

Self-awareness is the ability to examine and understand who we are relative to the world around us. It is developed through skills like self-reflection, meaning-making, and the process of sharpening core values and beliefs. **Self-awareness** impacts young people's capacity to see themselves as uniquely different from other people.

We stimulate **self-awareness** when we engage children in reflective conversations about values, beliefs and attitudes. When we encourage children to understand and attend to their intellectual, emotional, social, and physical selves, we help them understand the value of their full human potential.

Conversations on the value of knowing our inner selves can help children appreciate and celebrate their differences. They help children to better understand themselves and others. Children see that **self-awareness** can lead to gratitude, hope, optimism, mindfulness, wisdom, and many other internal strengths that enrich their lives.

The following **self-awareness** quotes are short, simple, and memorable. Children from primary through secondary school will find meaning in these quotes appropriate to their level of development and understanding.

1. Don't let the noise of other opinions drown your own inner voice. Steve Jacobs
2. When you embrace your difference, your DNA, your look or heritage or religion or your unusual name, that's when you start to shine. Bethenny Frankel.



3. Find out who you are and do it on purpose. Dolly Parton
4. Why fit in when you were born to stand out? Dr Seuss
5. I do not try to dance better than anyone else. I only try to dance better than myself.
Arianna Huffington.
6. Knowing yourself is the beginning of all wisdom. Aristotle
7. The only questions that really matter are the ones you ask yourself. Ursula K. Le
Guin
8. The willingness to accept responsibility for one's own life is the source from
which self-respect springs. John Didion.

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