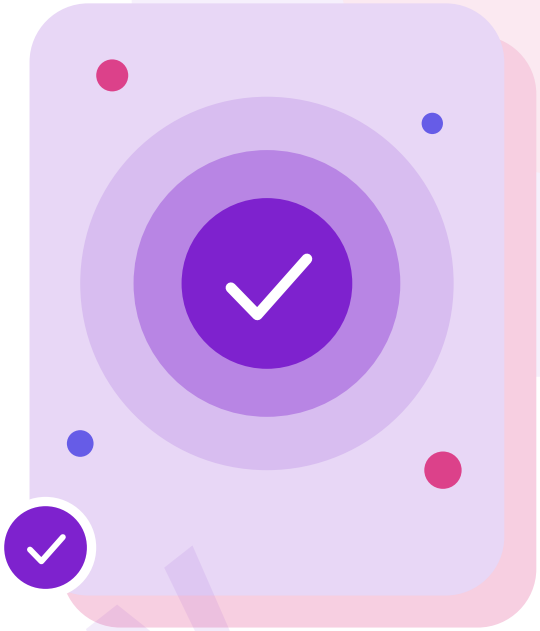
CHECKLIST · PERSONAL DEVELOPMENT

FREE PREVIEW

Practicing Self-Awareness

Self-awareness enhances emotional intelligence, decision-making, and personal growth. Use this checklist to deepen your understanding of yourself.



10 steps · Print-ready A4

NAME	START	TARGET DATE

1 Reflect on Your Strengths and Weaknesses

Identify areas where you excel and where you want to improve.

EXAMPLE *“I’m great at problem-solving but struggle with time management.”*

2 Identify Your Triggers

Notice what situations or behaviors provoke strong emotional responses.

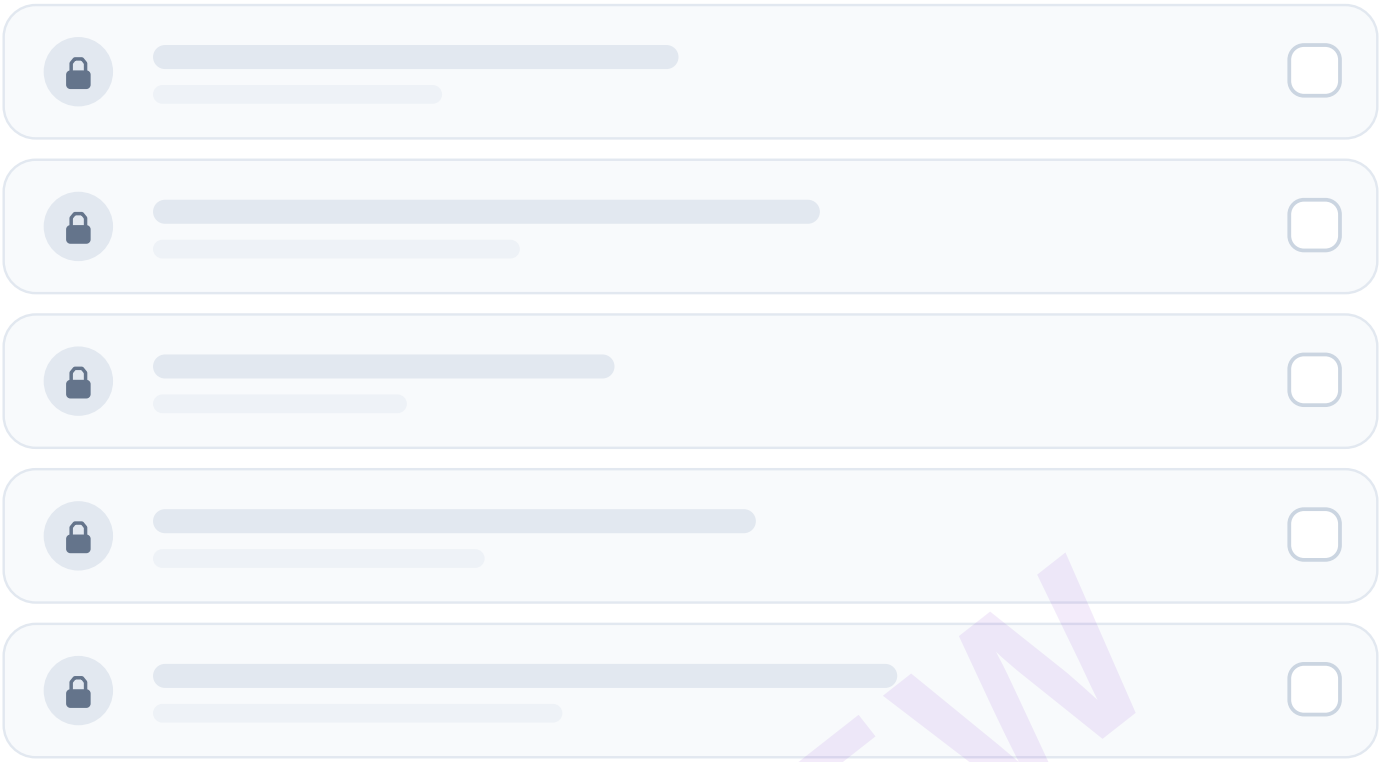
EXAMPLE *“I feel stressed when deadlines are unclear.”*

3 Practice Mindfulness

Spend time observing your thoughts and feelings without judgment.

TIP *Use meditation or deep breathing to focus on the present moment.*

PREVIEW



Like the design?

Get the full version: every step with examples and tips, a reflection page, no watermark.

Get the full version

PREVIEW