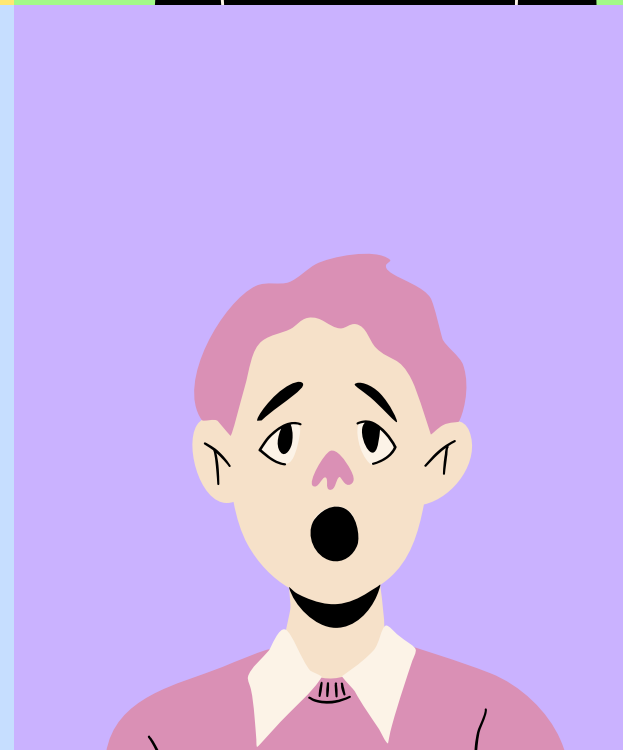
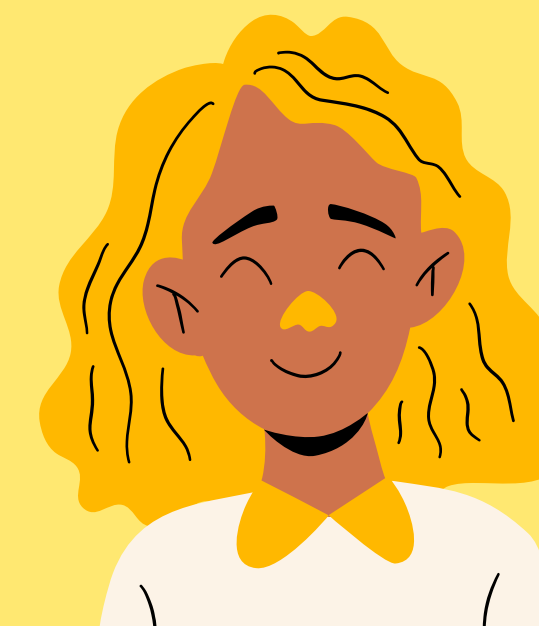
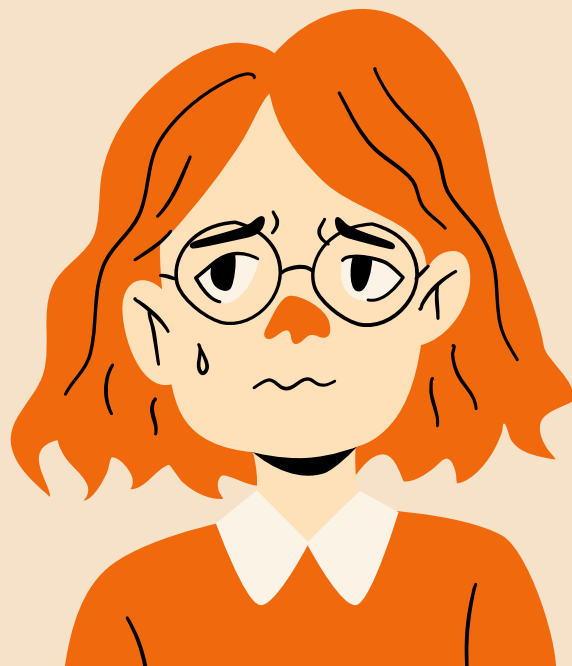


# JOURNEYING INTO SELF-AWARENESS

**SOCIAL EMOTIONAL LEARNING**



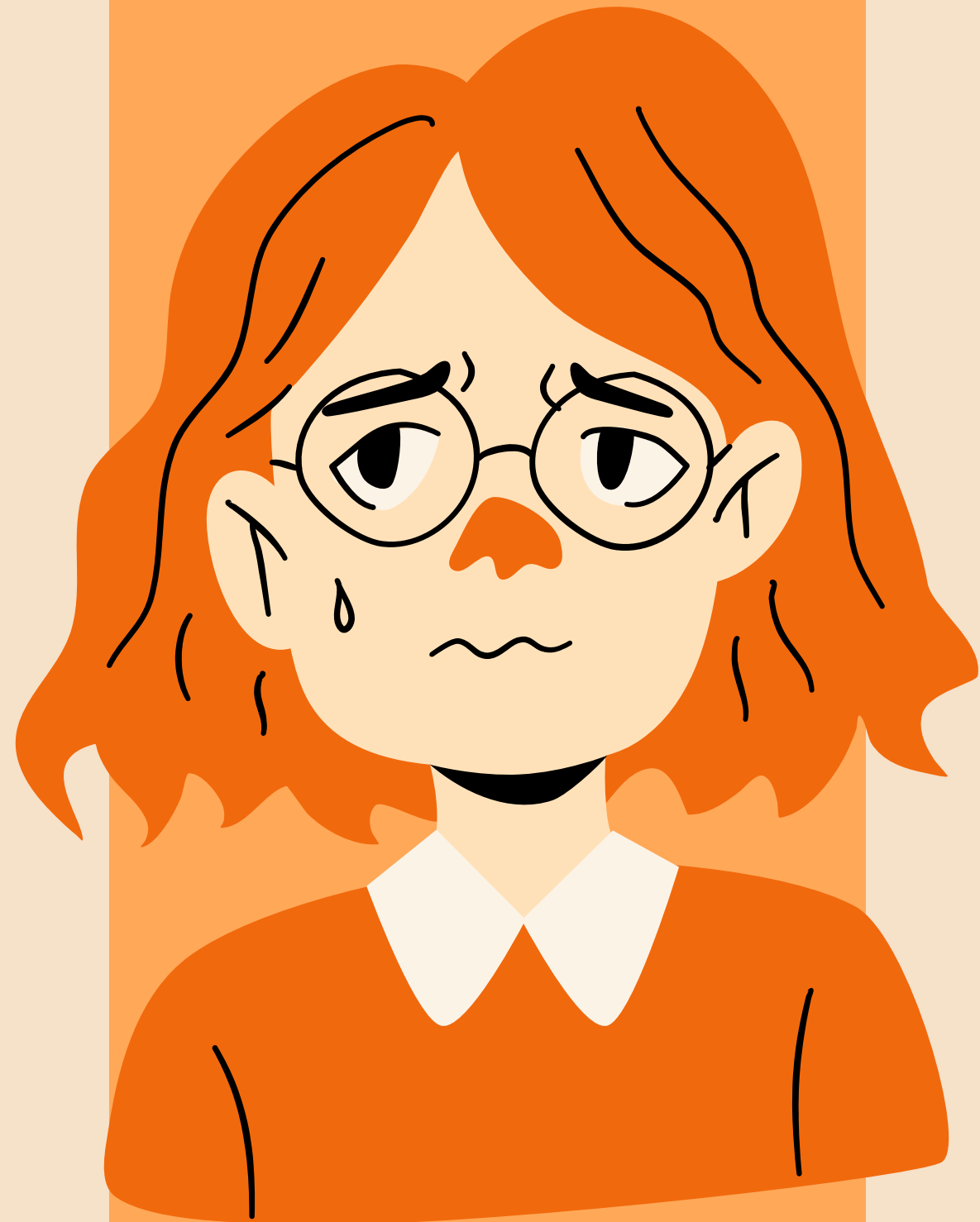
**EMOTIONS ARE LIKE COLORS ON OUR EMOTIONAL PALETTE. SELF-AWARENESS HELPS US IDENTIFY AND UNDERSTAND OUR FEELINGS.**



# EMOTIONAL SELF-AWARENESS



This involves recognizing and understanding your own emotions. It means identifying your feelings and why you're feeling that way. For example, being aware that you're anxious before a presentation and understanding that it's because you fear public speaking.



# SELF-REFLECTION

Self-awareness often involves self-reflection, where you take the time to think about your actions, choices, and reactions. This can help you gain insights into your behavior and motivations.

# STRENGTHS AND WEAKNESSES



Self-awareness includes an awareness of your strengths and weaknesses. Knowing what you excel at and where you need improvement can help you set realistic goals and make better decisions.

# MINDFULNESS

Mindfulness practices, such as meditation, can enhance self-awareness by encouraging you to focus on your thoughts and feelings without judgment. This can lead to greater clarity about your inner world.



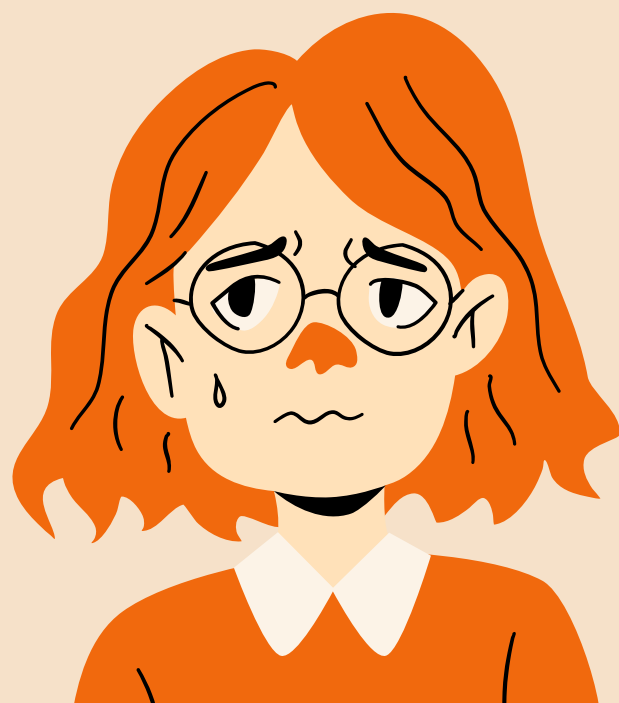
# IMPROVED RELATIONSHIPS



Developing self-awareness can lead to more authentic and fulfilling relationships. It can help you communicate more effectively, resolve conflicts, and relate to others with empathy.



**LET'S** **TRY** **THE** **NEXT** **ACTIVITY!**





# RECOGNIZING STRENGTHS AND CHALLENGES

Activity: Let's chat!

By reflecting on our strengths and challenges, we can better understand ourselves and use this knowledge to grow and improve. Here's an activity to get you started:

1. Take a moment to think about something you're good at – it can be anything from a skill to a personal quality.
2. Now, think about something you find challenging – this can also be a skill or a personal trait you struggle with.
3. Find a partner to share with and discuss your strengths and challenges with each other.
4. Encourage each other to think about ways to build on strengths and overcome challenges.

By sharing with a partner, we can gain new insights and perspectives to help us grow.

