Self-Awareness Tool

Guide Personal Growth
Improve Communication
Strengthen Emotional Intelligence

🔍 General Self-Awareness

- What are three words I would use to describe myself? Would others agree?

- What situations tend to bring out the best in me? The worst?

- When was the last time I felt really proud of myself? Why?

- What habits or routines help me stay grounded?

- What am I avoiding, and why?

🧠 Emotional Intelligence

- How do I typically respond to stress or criticism?

- What triggers my defensiveness, and how do I manage it?

- When did I last let my emotions get the best of me? What could I have done differently?

- How often do I pause to consider how others might feel in a situation?

- How do I show empathy in difficult conversations?

🗣️ Communication & Feedback

- How do I usually communicate when I'm frustrated or under pressure?

- Do people feel comfortable giving me honest feedback? Why or why not?

- When was the last time I truly listened without interrupting or offering solutions?

- What's my tone like in emails or messages, and how might others interpret it?

- How open am I to adjusting my approach based on others' perspectives?

📈 Professional Development

- What recent mistake taught me the most?

- What skill or competency do I most need to improve right now?

- How have I grown in the past 6 months?

- What does leadership mean to me, and how do I practice it—regardless of my title?

- Where do I see myself in one year, and what's one step I can take toward that today?