

## Self-Awareness Checkup for Kids

Self-awareness is vital to starting and maintaining healthy relationships and managing our behavior. For most of us, our self-awareness develops during our school years, making us ready for further education, our professional career, and adult relationships (Goleman, 2006; Adams, 2016).

This form can help build self-awareness in students, identifying their strengths and weaknesses in a non-threatening way.

**My name is:**

**I am strong in these areas:**

**I struggle in these areas:**

**My favorite thing about school is:**

**My least favorite thing about school is:**

**My most difficult part of the day is (and why?):**

**I would like some help with:**

## **References**

- Adams, M. (2016). *Coaching psychology in schools: Enhancing performance, development and wellbeing*. London: Routledge, Taylor & Francis Group.
- Goleman, D. (2006). *Emotional intelligence*. New York: Bantam Books.

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