



Self-Awareness Quiz

Self-awareness is knowing yourself, inside and out. This includes your traits, behaviors and feelings. But how do you know if you're self-aware? Take the quiz below to find out.

1. Is it easy for you to share your feelings?

a) Yes.

b) Sometimes.

c) No.

2. How often do you ask questions about things you don't know?

a) All the time.

b) Sometimes.

c) Not a lot.

3. Can you put yourself in the shoes of others?

a) Yes.

b) Sometimes.

c) No.

4. Do you learn from your mistakes?

a) Yes.

b) Sometimes.

c) No.

5. Are you able to admit when you're wrong?

a) Yes.

b) Sometimes.

c) No.

6. How often do you take chances?

a) All the time.

b) Sometimes.

c) Not a lot.

7. Do you focus more on the past, present or future?

a) Present.

b) Future.

c) Past.

8. How well do you take criticism?

a) Very well.

b) Somewhat well.

c) Not well.

Count how many times you answered A, B, and C.

_____ **A** _____ **B** _____ **C**

If you answered mostly A, you are self-aware. If you answered mostly B, you're well on your way to being self-aware. If you answered mostly C, you are not completely self-aware yet. Keep practicing.