



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.