

Self reflection activity

How much do you do the following: in order to answer 'yes' you should be able to give a current example

	Yes	A little	No
I know who I am and what my stress triggers are			
I know how to stay in balance when triggered			
I know can make plans and achieve outcomes			
I know I am worth spending time on taking care of myself			
I know I need to accept the reality of the situation			
I know what my sense of purpose is			
I know how to improvise when resources are limited			
I know I have access to supportive people			

	Yes	A little	No
I consciously and actively work on my self-awareness			
I focus on managing strong triggers and keeping in balance			
I set and achieve goals and can name one or two			
I actively look after myself, spending time & resources on me			
I act on the basis of what can/cannot be changed			
I am building the bridge to my better future based on my purpose			
I improvise solutions well when resources are limited			
I talk to others and seek their support			