


## Self-Awareness – Self Awareness Pyramid

Fill in the pyramid with phrases about what you do and don't feel confident with. The top being the most confident and the bottom being the least. Think about the skills from the 'You're The Boss' activity that you could include or use some of these statements (you could cut and stick / write them in).



The diagram consists of ten purple ovals arranged in a pyramid shape. The ovals are arranged in three rows: the top row has four ovals, the middle row has three ovals, and the bottom row has three ovals. Each oval contains a white text statement.

I make safe choices

I am a hard-worker

I can manage my time well

People like being around me

I make decisions on my own

I like new environment

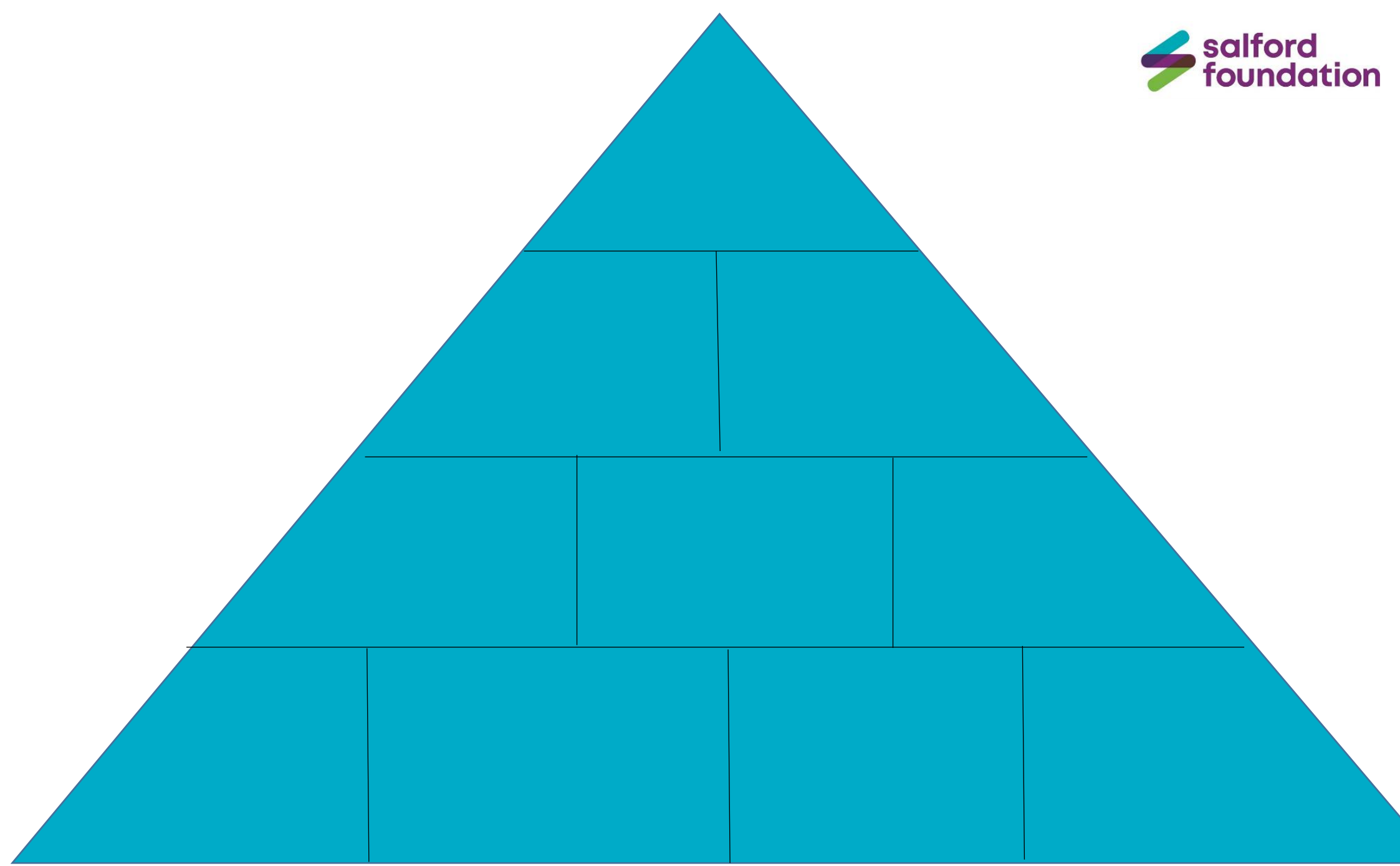
I have a lot of friends



I often take risks

I am a confident person

I know what I am good at



## Self-Awareness – After Activity Questions

- Has this activity helped you to get to know your strengths and weaknesses better? Circle :  
Yes/No
- Before this activity, have you ever actively thought about what your strengths and weaknesses may be? What was challenging about talking about the skills you have?
- What are your strengths as person?
- What could you improve on?
- Why is it important to have Self-Awareness for the World of Work?

