

Self Awareness Reflection

<i>Strengths and weaknesses</i>	
What have others complimented me about? What does that suggest are some of my strengths?	
What have others had to help me with on multiple occasions? Does that tell me anything about any weaknesses I may have?	
What projects/tasks give me, or drain my, energy? Does the type of activity help inform me about my strengths or weaknesses?	
<i>Values</i>	
What is important to me?	
What would a perfect day look like? What values are represented in this choice?	
What do I spend my free time on?	
What do I enjoy doing?	
What would I do if there were no limitations?	
<i>Goals</i>	
What are my personal and professional goals? (Who do I want to be? Where do I want to be? What do I want to do?)	

Source: <https://www.ed.ac.uk>