

Zero to Self Awareness

A Self Awareness Worksheet from Grokkery.com

The Basics

1. What area of your life are you trying to change?
2. What are you excited for in that area of your life that already exists?
3. What causes you the most pain in this area of your life?
4. Are you willing to take total responsibility for your current reality?
5. How committed are you to making a change in this area?



Embracing Reality

1. What patterns in your behavior created your current situation?
2. What **facts** and **fears** have you been hiding from?
3. Have you blamed anyone else for your situation?
4. What actions have you avoided taking?
5. What are the past, short term and long term consequences of your current behaviors?

Defining the Future

1. What would the ideal version of this area of your life look like? Describe it in exacting detail.
2. What is the easiest, most achievable, first step you are able to take toward your ideal vision?
3. What are the milestones between your current reality and your ideal vision?
4. What habits will you need to break and what habits will you need to create to move forward?
5. Who can help you remain accountable as you move forward?