

Self Awareness

The ability to recognize and understand your moods, emotions, and drives, as well as their effect on others.

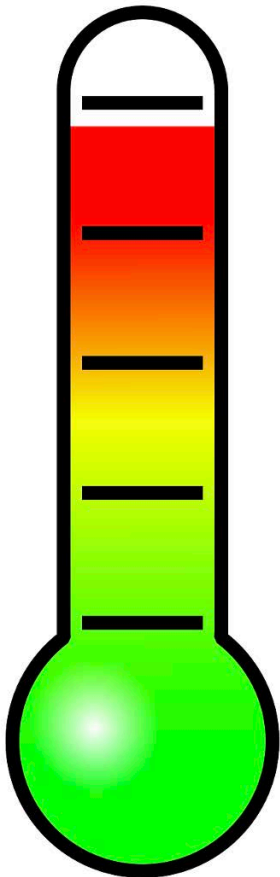
- Knowing how you're feeling and why
- Knowing your personal strengths and limits
- Having a sense of your self worth
- Self confidence and ability to laugh at yourself

Self



Awareness

Emotional Temperature



How Clear is your Glass?



What am I experiencing?

WHAT AM I EXPERIENCING RIGHT NOW?

WHY AM I EXPERIENCING THAT?

HOW IS IT IMPACTING ME AND MY ABILITY TO PERFORM?

**WHAT IS HAPPENING IN MY BODY?
WHAT THOUGHTS ARE GOING THROUGH MY MIND?
HOW DID I NOTICE THE EMOTION?
WHAT IS THE INTENSITY?
HOW LONG HAS IT LASTED SO FAR?**

Name the Emotion

SCARED	Rejected	Bewildered
	Confused	Discouraged
	Helpless	Insignificant
	Submissive	Weak
	Insecure	Foolish
	Anxious	Embarrassed
JOYFUL	Excited	Daring
	Sexy	Fascinating
	Energetic	Stimulating
	Playful	Amused
	Creative	Extravagant
	Aware	Delightful
POWERFUL	Proud	Cheerful
	Respected	Satisfied
	Appreciated	Valuable
	Hopeful	Worthwhile
	Important	Intelligent
	Faithful	Confident
PEACEFUL	Nurturing	Thankful
	Trusting	Sentimental
	Loving	Serene
	Intimate	Responsive
	Thoughtful	Relaxed
	Content	Pensive
SAD	Sleepy	Apathetic
	Bored	Inferior
	Lonely	Inadequate
	Depressed	Miserable
	Ashamed	Stupid
	Guilty	Bashful
MAD	Hurt	Jealous
	Hostile	Selfish
	Angry	Frustrated
	Rage	Furious
	Hateful	Irritated
	Critical	Skeptical



<https://www.6seconds.org/2020/08/11/plutchik-wheel-emotions/>