

SELF-AWARENESS

SELF-AWARENESS IS KNOWING ABOUT YOURSELF

How am I feeling?

What emotion is that?

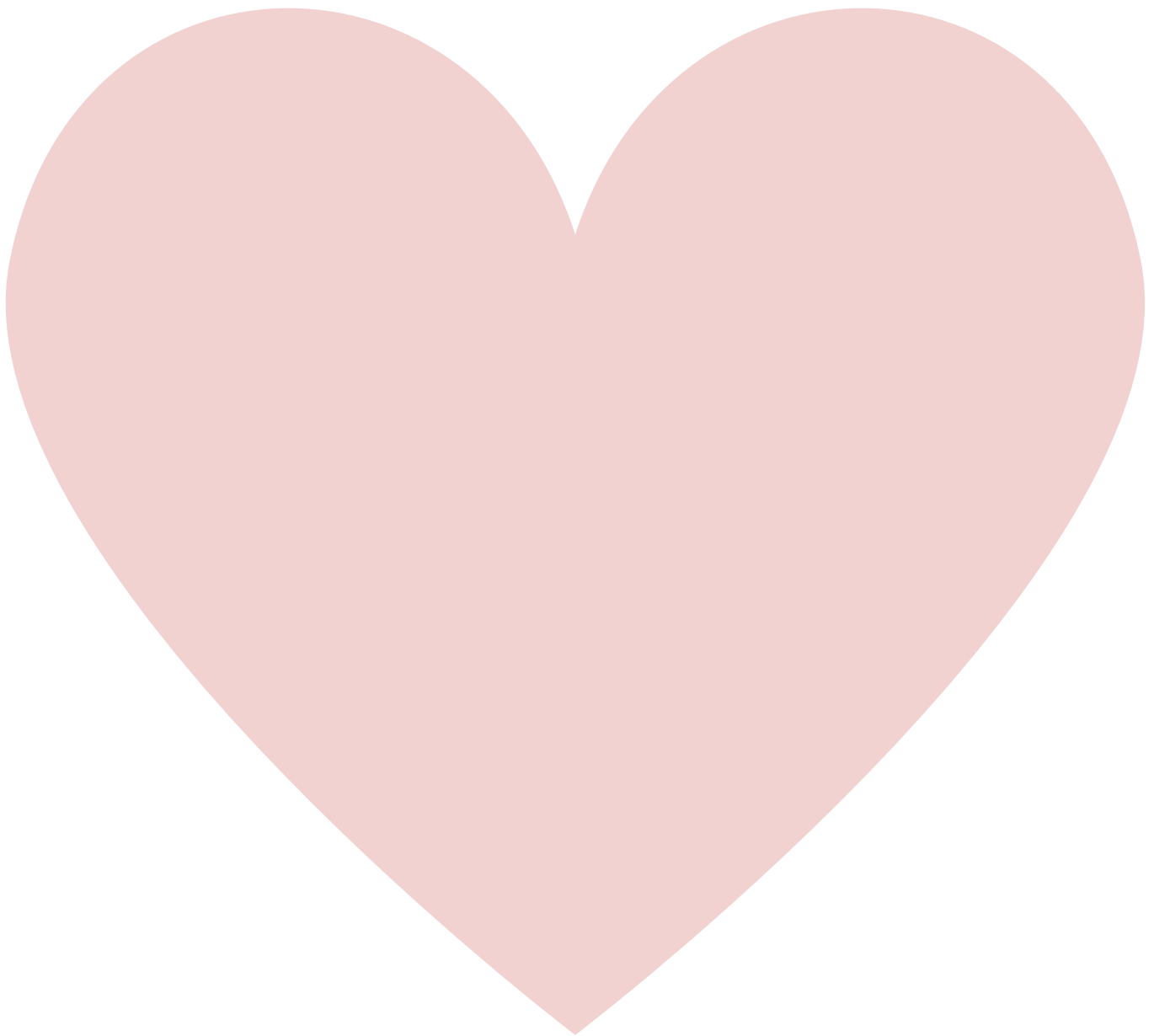
Why do I feel this way?



SELF-AWARENESS

WHAT CAN I DO TO MAKE ME HAPPY?

write your ideas below



SELF-AWARENESS

WHAT CAN I DO TO MAKE OTHERS HAPPY?

write your ideas below

