

# Writing Prompts for Self Awareness

1. Are you a self-confident person? If so, what do you think makes you that way? And if not, what do you think you could do to be more confident in yourself?
2. What do you think is your best character strength? Why do you think it is your best? Give a couple of examples of how you use this strength.
3. When things get tough, do you persevere through them? How do you do that? How would you like to grow in your perseverance skills?
4. When you feel like you've been "knocked down," how do you get up again? How do you wish you handled situations that set you back emotionally or physically?
5. Do you find it easy or hard to believe in yourself and your abilities? Why do you feel that way? What can you do to feel better about yourself?