



FIRST WEEK CHALLENGE: SELF-AWARENESS FORM

SECTION 1: SELF-REFLECTION

DATE: _____

- **Identify any patterns in your thoughts or behaviors that stood out to you this week.**

- **What emotions did you feel most frequently this week?**

- **Were there any specific triggers for these emotions?**

SECTION 2: STRENGTHS AND WEAKNESSES

- **List three of your strengths that you noticed this week:**
- Strength 1: _____
- Strength 2: _____
- Strength 3: _____
- **What challenges or weaknesses did you encounter this week?**

- **How did you handle these challenges?**

SECTION 3.: GRATITUDE

- LIST THREE THINGS YOU ARE GRATEFUL FOR THIS WEEK:
EXAMPLE: PROGRESS IN PERSONAL GROWTH: I'M GRATEFUL FOR THE TIME AND EFFORT I'VE PUT INTO MY INNER WORK, ALLOWING ME TO BECOME MORE SELF-AWARE AND EMOTIONALLY RESILIENT.

- **List three things you are grateful for this week:**

- Gratitude 1: _____

- Gratitude 2: _____

- Gratitude 3: _____

SEEK GUIDANCE AND SUPPORT IF NEEDED:

Reach out for support if needed and remember that you are not alone in this journey.

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