

# Awareness Worksheet

Having self-awareness of your thoughts and feelings can allow you to view your down times in a better light. Each of us has great strengths and being aware of how we cope in challenging times can lead us to solutions and in turn self growth.

What did I notice?  
(thoughts, feelings,  
sensations)

What did I do to  
accept them & let  
them pass?

How long did I do this  
for?

What were the  
benefits or difficulties?

*"the days that break you are the days that make you"*

