

# Self awareness



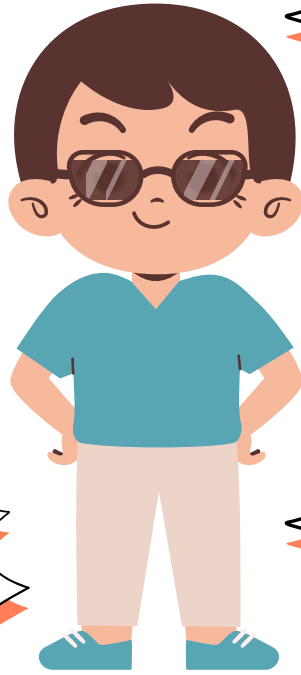
Ramu, sonu and balu were friends. One day while playing football, ramu fell into a pond. Others tried to help their friend by jumping into the pond without thinking they did not know swimming. All of them sank.

This situation shows the children made the wrong decision due to a lack of self-awareness. If they had self-awareness they would haven't jumped into the pond.

Many children are unable to make the right decisions at the right time due to a lack of self-awareness. Self-awareness is the conscious knowledge of one's character, feelings, desires, etc.

**Self esteem**

**Self accepting**



**Good understanding of self**

**Aware of strengths and weaknesses**

## **Self awareness pays attention to**

**Reactions**

**Talents**

**Habits**

**Thoughts**

**Behaviour**

**Strengths**

**Feelings**

**Weaknesses**