

# “Self-Awareness Journal”

Self-reflection means to get curious about what is happening with me,  
because I’m worth thinking about!

Being self-reflective is like holding a mirror up that not only sees what’s on the  
outside, but helps me understand and “see” what’s happening on the inside.

How I feel

What I’m thinking

What I’m paying attention to, and more.



### **Getting curious about how I feel in my body.**

What does my body want to do right now?

Is it easy or hard for me to notice how I feel?

If I shift my attention to my body, what do I notice happening?

What parts of my body are easy to feel and what parts are hard to feel?

### **Getting curious about what I'm thinking.**

What am I thinking about right now?

When my mind wanders off, what do I usually think about?

If I sit for a minute and let my mind just wander, where does it wander?

### **Getting curious about my attention.**

Is it easy or hard for me to keep my attention on one thing or in one place?

When my attention wanders, is it hard to get it back?

When my attention wanders, what helps me notice that this has happened?

Is it hard for me to shift my attention from one thing to another? If so, what helps me do this?

### Attention Activities:

- Was my attention where I wanted it to be or not?
- If not, what was I paying attention to instead? What was I thinking about?
- What made it difficult for me to keep my attention on one thing?
- What grabbed my attention away?
- What makes me shift my attention without realizing I'm doing it? What distracts me?
- What helps me keep my attention on something?

### Shifting Attention Activities:

- Was I able to shift my attention easily, or was it a struggle?
- What helped me shift my attention?
- What made it hard to shift my attention?

### **Getting curious about what I'm doing.**

What am I doing right now?

Is it easy for me to lose track of what I'm doing?

Do I sometimes start doing one thing and end up doing another thing without even realizing it?

**My regulatory needs.**

Regulation strategies that work for me?	How do I know?

Learning tools that work for me How do I know?	Learning tools that don't work for me How do I know?