



**Fulfillment**  
COACHING & CONSULTING

## **SELF-AWARENESS CHECKLIST: REFLECTING ON STRENGTHS AND WEAK POINTS**

By using this tool, you will gain insights into your strengths and weaknesses, empowering personal growth and improving decision-making. It will encourage self-reflection, boost your confidence, and deepen your understanding of yourself.

# *How is self-awareness connected to decision-making?*

-Self-awareness gives you a deeper understanding of your thoughts, emotions, values, and motivations.



# SELF- AWARENESS ENHANCES DECISION- MAKING BY:

1. Clarifying priorities and aligning choices with values.
2. Recognizing biases and seeking diverse perspectives.
3. Regulating emotions for rational decision-making.
4. Leveraging strengths and addressing weaknesses.
5. Making authentic choices true to your values.
6. Learning from past experiences and adapting.
7. Building confidence in decision-making abilities.



# SELF-AWARENESS CHECKLIST:

*And here is a Self-Awareness Checklist that can help you to increase your self-awareness. You will need a pen and paper or your favorite journal to write down your answers.*

## STEP 1: IDENTIFY YOUR STRENGTHS

- Reflect on your natural talents, acquired skills, and areas of excellence.
- Write down your strengths based on the questions provided.



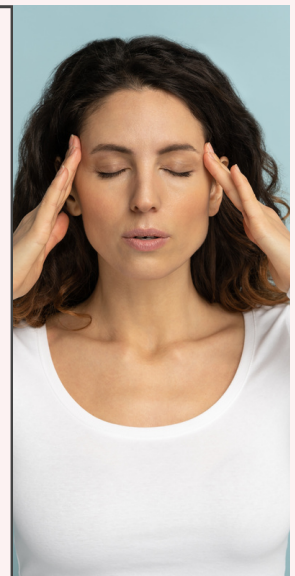
## STEP 2: LEVERAGE YOUR STRENGTHS

- Consider how you can use your strengths to your advantage in pursuing your goals.
- Identify specific areas or tasks where your strengths can be applied effectively.
- Explore ways to further develop or enhance your strengths.
- Look for opportunities to collaborate with others who possess complementary strengths.



## STEP 3: RECOGNIZE YOUR WEAKNESSES

- Be honest and acknowledge areas where you struggle or lack proficiency.
- Reflect on tasks or activities that drain your energy or cause stress.
- Consider constructive feedback or areas for improvement received from others.
- Write down your weaknesses based on the questions provided.



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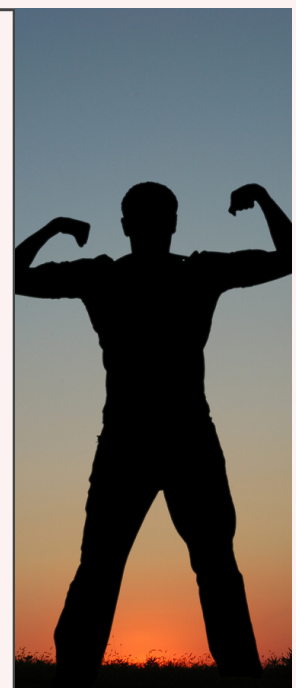
## STEP 4: WORK ON YOUR WEAKNESSES

- Brainstorm steps you can take to improve your weaknesses.
- Identify relevant resources, courses, or mentors that can help you address these areas.
- Break down your weaknesses into smaller, manageable tasks.
- Plan how you will stay motivated and hold yourself accountable while working on your weaknesses.



## STEP 5: SET GOALS AND TAKE ACTION

- Use your insights to set specific goals aligned with your aspirations.
- Determine how you will monitor progress and measure success along the way.
- Consider how you will address your weaknesses while pursuing your goals.
- Strive for a balance between leveraging your strengths and working on your weaknesses.



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## STEP 6: EMBRACE SELF-AWARENESS FOR SUCCESS AND OVERCOMING BELIEFS

- Reflect on beliefs that may be limiting your potential.
- Challenge these limiting beliefs by asking critical questions..
- Regularly practice self-reflection to assess progress and embrace growth.



## REGULARLY REVIEW AND REVISIT

- Remember that self-awareness is an ongoing process.
- Schedule regular check-ins to track your progress and adapt your goals.
- Seek support from mentors, coaches, or trusted individuals to gain insights and guidance.



Take charge of your journey by leveraging your unique abilities, working diligently on areas of improvement, and embracing a mindset of continuous growth.

With this powerful tool, you have the means to unlock your full potential and create a path to achieve your aspirations.



# HEY, I'M EVGENIA

**I'm a success mindset coach.**

**I help busy female entrepreneurs like you make confident decisions without self-doubts.**

*THERE'S MORE*

*Evgenia xoxo*



# Thank you for reading!

Your feedback is very important to me, And so I would like to invite you to join my community for Female Founders like you. Where you can learn some tips and get valuable trainings from me about improving your mindset and making powerful decision.

[Click this link to join!](#)

See you there!

