

TRUE CHARACTER



A Balanced Approach to
Character Development

October

Awareness – Teens & Adults

Name: _____

Awareness is when we see the world, the people, and everything around us. We have to show we are aware of what we need in school and life. We have to show we are aware of others body language and how they are feeling. We have to show we are aware of what we need to grow healthy and strong. Below, demonstrate your awareness of yourself.

I am strong in these areas: _____

I struggle with these things: _____

The most stressful part of my day is: _____

How does being aware of yourself and what you need help you with setting goals and achieving them? _____
