M. Fayson video 1

Lockdown Self-Awareness

Reflective Awareness

**Instructions:** Take a moment to reflect on each question and write the first thoughts that come to your mind. Answer truthfully and carefree without fear of judgment.

**Objective:** Connect with your own unique identity in an effort of becoming a better version of you.

**Self-Reflection**

1. What does the ideal you look like?
2. What are your dreams and goals?
3. What’s keeping you from achieving these dreams and goals?
4. How much time have you dedicated to your dreams and goals?

**Self-Awareness**

1. Describe yourself in 3 words.
2. How would you describe your personality? Has it changed since childhood?
3. Is your personality like either of your parents (mom or dad)
4. Is that positive or negative?
5. What do you need to do to improve it?
6. What qualities do you admire about yourself?
7. What’s your biggest strength or weakness?