



## Steppingstone #26 Self-Awareness

Strongly disagree 0 1 2 3 4 5 6 7 8 9 10 Strongly agree

**A.** I am typically aware of the effects of my actions on others

**B.** I tend to stop myself from over-indulging (e.g., eating, TV watching)

**C.** I frequently monitor my progress towards important goals

**D.** I generally learn from mistakes that I have made

**E.** I pay attention to how I feel from one moment to the next

**F.** I can usually see the links between my actions and the consequences of those actions

**G.** I am quick to notice when I have been engaging in unhealthy behaviors

**H.** I quickly realise when I have done something socially inappropriate

**I.** I usually notice when I have offended someone

**J.** I can easily recognise when my willpower is low (e.g., because I am tired)

Total