

## Know Yourself:

### Cultivating Self-Awareness and Emotional Insight

1. How do I perceive, feel, undertake and process new information?
2. What are the contexts in which I feel most receptive?
3. When and how do I modify my mental representations when faced with new situations? Do I do this consciously?
4. Can I recognize when I need to adjust my strategies?
5. Do I take the time to observe myself and evaluate my progress?
6. What indicators let me know if I'm on the right track?
7. What strategies can I put in place to anchor what I'm learning?
8. How can I make sure that what I memorize is useful and relevant?
9. What thoughts or habits are holding me back from learning?
10. What cognitive biases influence my decisions?
11. What emotions influence my learning?
12. What factors increase or decrease my motivation?
13. Am I relying too much on my intuition without taking the time to think?
14. What recurring cognitive biases influence my choices?
15. Am I kind to myself when I make mistakes?
16. How can I build and strengthen my self-confidence?
17. What motivates me most in my goals?
18. What can I do to maintain or strengthen my commitment?