

Knowing Yourself

Name _____ Date _____

1. What do we call the things a person is naturally good at or does well?
A) Strengths
B) Blind spots
C) Triggers
D) Habits
2. What do we call the things a person finds difficult and might need to work on?
A) Strengths
B) Moods
C) Weaknesses
D) Triggers
3. What do we call it when you notice and understand your own feelings, thoughts, and reactions?
A) Self-awareness
B) Empathy
C) Motivation
D) Willpower
4. What do we call a specific situation or thing that reliably sets off a strong reaction in a particular person?
A) A trigger
B) A goal
C) A value
D) A habit
5. What is it called when a small, repeated sign, like tapping your foot, reveals what you might be feeling inside?
A) A value
B) A strategy
C) A trigger
D) A tell
6. When Meera stops to ask herself, "Why did that upset me so much?", what skill is she practising?
A) Self-reflection
B) Time management
C) Persuasion
D) Negotiation
7. What word describes the habit of writing down your thoughts and feelings regularly to help understand yourself better?
A) Presenting
B) Rehearsing
C) Debating
D) Journaling
8. What do we call it when someone keeps steering away from a particular activity without fully realising they are doing it?
A) A trigger
B) A strength
C) An avoidance pattern
D) A goal
9. What does the word "metacognition" mean?
A) Remembering facts for a test
B) Planning what to eat for dinner
C) Thinking about your own thinking
D) Thinking about other people's homework
10. What is a "habit of mind"?
A) A rule a teacher writes on the board
B) A fact printed in a textbook
C) A default way a person tends to think about situations
D) A game played during break time

Answer key

1. A 2. C 3. A 4. A 5. D 6. A 7. D 8. C 9. C 10. C