Self-Awareness Worksheet

(found on page 31 of the PSIA-AASI *Teaching Snowsports Manual*)

When I feel unsure of myself, I feel Click or tap here to enter text. and tend to respond by Click or tap here to enter text.

When I accomplish a goal, I feel Click or tap here to enter text. and tend to respond by Click or tap here to enter text.

When I realize I made a mistake, I feel Click or tap here to enter text. and tend to respond by Click or tap here to enter text.

When someone is upset, I feel Click or tap here to enter text. and tend to respond by Click or tap here to enter text.

When someone suddenly understands, I feel Click or tap here to enter text. and tend to respond by Click or tap here to enter text.