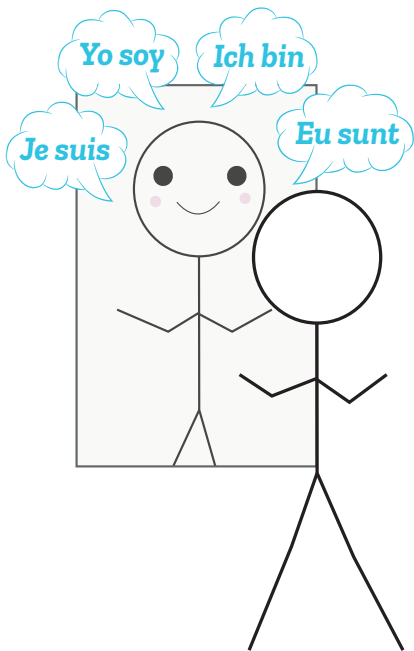


# Self-awareness



# Self-awareness

## **Knowledge**

- Has knowledge about what may be common to all humans
- Has knowledge of the importance of their identity and its different facets

## **Skills**

- Is able to recognise their values, qualities and emotions
- Is able to identify their capacities and their limits
- Is able to learn from their mistakes

## **Attitudes**

- Feels comfortable with their appearance, their body.

