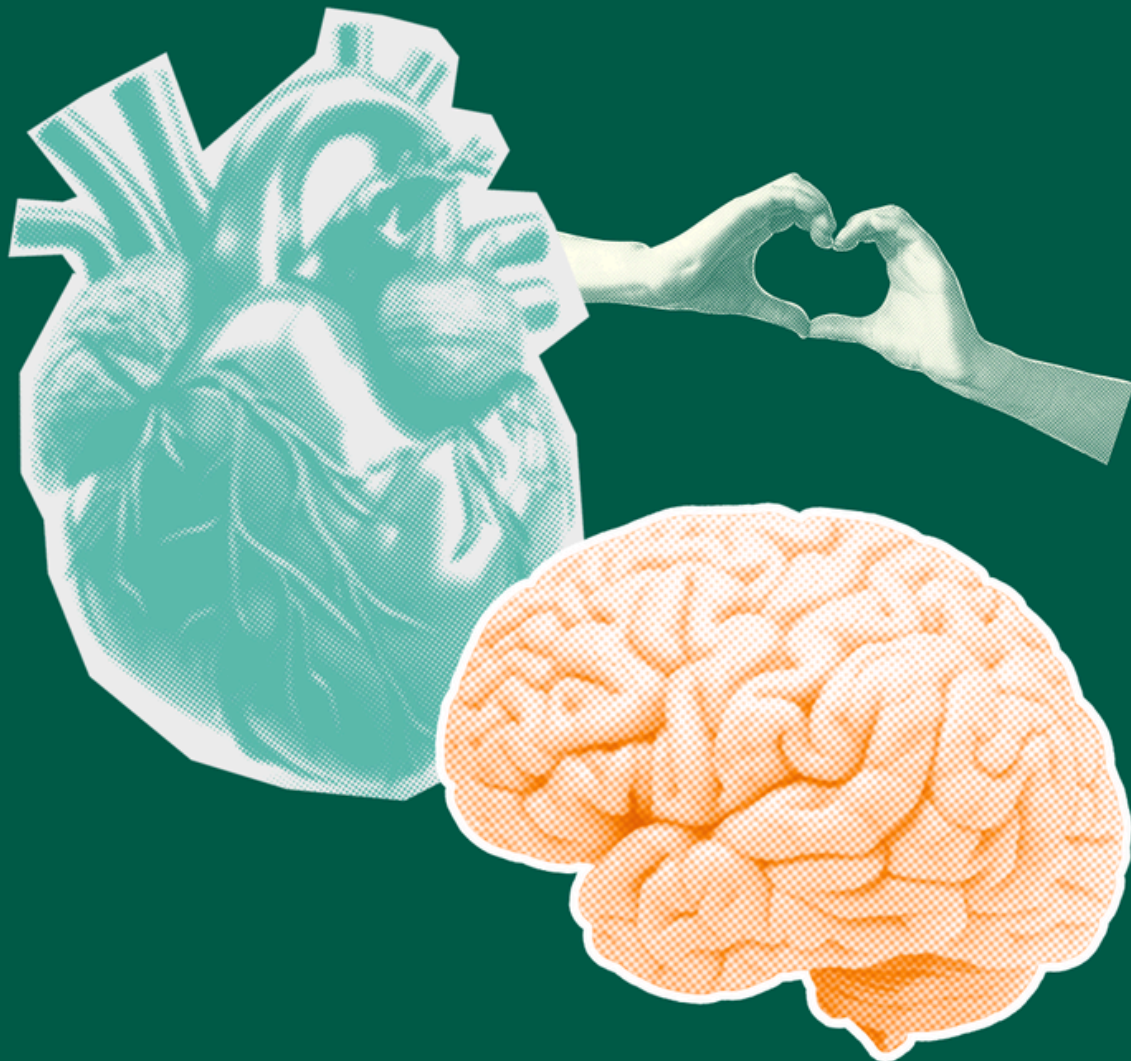


Personal Development

Get Into The Growth Mindset



Welcome to your journey towards self-awareness, self-regulation, and personal goal setting!

Developing self-awareness, learning to regulate our thoughts and emotions, and being able to set goals and stay motivated are essential aspects of personal development. Many students like you juggle multiple responsibilities, and this worksheet is designed to help you understand these essential concepts and develop strategies to cultivate them in your daily life. **Let's get started!**

What is Self-Awareness and Why It Matters

Self-awareness is the ability to recognize and understand your own emotions, thoughts, and behaviors. Para itong salamin kung saan kita mo ang sarili mo nang buo, pati na ang iyong strengths at weaknesses.

Here are a few reasons why self-awareness is important:



01 Improved Decision Making

Nakakatulong ito sa paggawa ng mas mabuting desisyon.

02 Better Relationships

Natutulungan ka nitong maintindihan ang iba at makipag-communicate nang mas epektibo.

03 Personal Growth

Nagiging mas bukas ka sa mga opportunities for self-improvement.

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Exercise #1: Self-Reflection

Take a few minutes to reflect or write down your answers to the following questions:

1. Ano ang mga bagay na mahalaga sa'yo?

2. Ano ang mga bagay na nagpapasaya, nagpapalungkot o nagpapagalit sa'yo?

3. Ano ang iyong top 3 strengths? Top 3 weaknesses?

Strengths

Weaknesses

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Developing Self-Regulation

Self-regulation is the ability to manage your emotions, thoughts, and behaviors in various situations. Ito ang kakayahang mag-isip bago kumilos, ensuring that you make decisions that align with your goals and values. Here are a few tips on how to develop self-regulation:

PRACTICE MINDFULNESS

Mindfulness is about being present in the moment and aware of your thoughts and feelings without judgment. Kapag nararamdaman mong ikaw ay naiinis o nagagalit, subukan mong huminga nang malalim nang ilang beses. Ito ay makatutulong sa'yo na mag-relax at mag-isip bago kumilos o magsalita.

SET BOUNDARIES

Setting boundaries is essential for protecting your time, energy, and mental health. It's about knowing your limits and being able to communicate them effectively. Halimbawa, kung ikaw ay isang working student at kailangan mong mag-aral para sa exams, sabihin sa iyong employer na kailangan mong mag-focus sa pag-aaral during certain hours. Huwag kang magdalawang-isip na ipaalam sa kanila ang iyong mga priorities.

STAY ORGANIZED

Being organized helps you manage your time effectively and reduces stress. Gumawa ng weekly planner na may schedule ng iyong mga classes, work hours, at study time. Isama rin ang mga oras para sa pahinga at personal na oras. Ito ay makakatulong sa'yo na ma-manage ang iyong oras at maiwasan ang stress.

Setting Goals

Personal goal setting is the process of defining what you want to achieve and creating a plan to reach those goals. Ang pagkakaroon ng klarong goals ay nakakatulong para magkaroon ng direksyon sa buhay.

When it comes to personal goal setting, it's essential that your goals are personally meaningful. Here's why:

MOTIVATION AND COMMITMENT

Kapag ang goals mo ay may personal na kahalagahan sa'yo, mas madali kang mag-motivate at mag-commit na makamit ito.

SATISFACTION AND FULFILLMENT

Goals that resonate with your values and passions bring a sense of satisfaction and fulfillment. Kung ang goal mo ay aligned sa mga bagay na talagang mahalaga sa'yo, mas mararamdaman mo ang tagumpay kapag na-achieve mo ito.

RESILIENCE AND PERSISTENCE

When faced with obstacles, personally meaningful goals give you the strength to keep going.

CLARITY AND DIRECTION

Personal goals provide a clear direction and purpose. Kapag malinaw kung bakit mo gustong maabot ang isang goal, mas madali mong maisip ang mga hakbang na kailangan mong gawin para makarating doon.

Tying It All Together:

Self-Awareness, Self-Regulation, and Personal Goal Setting

These three concepts work hand-in-hand to help you achieve your personal and academic goals. Let's see how they connect with each other through examples and scenarios.

SCENARIO 1: BALANCING STUDIES AND WORK

Self-Awareness: Kilalanin mo muna ang sarili mo. Ano ang iyong strengths at weaknesses pagdating sa time management? Alamin mo kung kailan ka pinaka-productive.

Self-Regulation: Kapag alam mo na ang iyong productive hours, mag-set ka ng specific study times at work hours. Halimbawa, if you know you work best in the morning, maglaan ka ng oras para mag-aral bago pumasok sa trabaho.

Personal Goal Setting: Set a goal like, "I will study for 2 hours every morning before work for the next month." This goal is specific, measurable, achievable, relevant, and time-bound.

SCENARIO 2: HANDLING STRESSFUL SITUATIONS

Self-Awareness: Recognize how you react to stress. Ano ang mga triggers mo? Ano ang nararamdaman mo kapag stressed ka?

Self-Regulation: Practice mindfulness techniques tulad ng deep breathing or meditation kapag nararamdaman mo na ang stress.

Personal Goal Setting: Set a goal like, "I will practice deep breathing exercises for 5 minutes every time I feel stressed for the next two weeks."

Exercise #2

Identify 1-2 aspects of your life or current responsibilities where you think there's room for improvement. Just like the examples above, take time to reflect on your self-awareness, develop regulation strategies, and set personally meaningful goals for these areas.

	Self-Awareness <i>How do I think/feel about this area of my life? Why is this a challenge for me?</i>	Self-Regulation <i>How can I manage this better?</i>	Goal-Setting <i>What goal can I set to improve and stay consistent?</i>
Item 1			
Item 2			



Life will always be full of challenges, but by continuously cultivating your self-awareness, self-regulation, and goal-setting abilities, you can navigate your responsibilities more effectively and create a fulfilling path toward your future goals.

TO-DO:



Reflect on your self-awareness. Mahalaga na kilalanin mo ang iyong sarili.



Develop self-regulation practices. We cannot always control the things happening in our lives, pero may mga paraan na p'wedeng gawin para hindi ma-overwhelm.



Set meaningful goals. Kapag alam mo kung bakit mo ginagawa ang isang bagay, mas mataas ang chance na mag-stick ka sa mga goals mo.

ADDITIONAL RESOURCES

- **[GUIDED MEDITATION]** [Daily Calm](#) | [10 Minute Mindfulness Meditation](#) | [Be Present](#)
- **[TEMPLATE]** [Focus Planner](#) (Do not edit in this link. To download your own copy, go to [File >> Make a Copy](#))

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