



Self-Assessment: How aware of my thoughts am I?

This self-assessment will help you understand your thinking

INSTRUCTIONS

- Using **R**arely, **S**ometimes, **O**ften document how frequently you do the following
- There isn't a correct answer, only personal perception
- Be honest with yourself

Metacognition Statements	R, S, O?
1. I think about my own thinking	
2. I notice the stream of thoughts going through my mind	
3. I recognize how my thoughts translate to actions	
4. I know how I learn best	
5. I notice when I have a negative thought	
6. I notice when I have a positive thought	
7. I recognize my thought patterns	
8. I track personal performance	
9. I consciously practice self-regulation	
10. I ask myself questions and journal the response	