



Self-Awareness

Self-awareness involves cultivating a deep knowledge of yourself. It goes further than knowing if you are a morning person or a night owl. Getting to know yourself inside and out is a continuous journey of peeling back the layers of yourself and becoming more and more comfortable with what is in the middle- *the true essence of you.*

Strategies

Quit Treating Your Feelings as Good or Bad

- Labeling our emotions as good or bad can keep you from truly understanding where these emotions are coming from. Instead, sit with your emotions and suspend all judgment so that they can run their course.

Observe the Ripple Effect from Your Emotions

- The way we express emotions tends to have long lasting impressions on the people around us. Observe the influence your emotions have on the people around you, both positive and negative.

Lean Into Your Discomfort

- Putting yourself under a microscope can sometimes lead to some discomfort. It is important to lean into this discomfort instead of retreating from it.

Feel Your Emotions Physically

- Our mind and body are so closely connected that our emotions often manifest themselves in physical sensations. Notice the way your body feels when you are feeling strong emotions without passing judgment.

Know Who and What Pushes Your Buttons

- We all have buttons, pet peeves and triggers. Knowing who and what pushes these buttons allows us to stay in control and develop strategies for dealing with the frustration that comes in situations like this.

Watch Yourself Like a Hawk...

- Try to develop a more objective way of looking at your behavior in situations. You can practice by taking notice of your emotions, thoughts, and behaviors right as the situation unfolds.



Keep a Journal about Your Emotions

- The biggest challenge to developing self-awareness is objectivity. With a journal, you can record what events trigger strong emotions in you and how you respond to them.

Don't Be Fooled by a Bad Mood

- We all can succumb to a bad mood every now and then and when you feel this way your low mood puts a dark cloud over everything. Don't push these feelings away, instead, you should allow yourself to feel all of your emotions organically so that they can pass.

Don't Be Fooled by a Good Mood, Either

- Similarly, good moods can cloud your judgments just as much as a bad mood can. Stay aware of your good moods because while in this state you are more likely to make impulsive decisions.

Stop and Ask Yourself *Why You Do the Things You Do*

- “Emotions come when they will, not when you will them too. Your self-awareness will grow abundantly when you begin seeking out the source of your feelings” (p. 84).

Visit Your Values

- We often get so caught up in our daily tasks and responsibilities that we can forget to check-in with ourselves. Take some time during your day to write down your core beliefs and values to reflect on your alignment to them.

Check Yourself

- The way you present yourself outwardly can be a huge indicator of how you are feeling on the inside. Take some time to ask yourself “Is the look that you are projecting to the world one that you have chosen, one that your mood created, or one that you tend to lean on by default?” (p. 89)

Spot Your Emotions in Books, Movies, and Music

- Take note of the characters in books and movies or song lyrics that resonate with you. These will often tell you a lot about emotions that you yourself are going through in that moment.

Seek Feedback

- Although asking for feedback can be difficult, it is the only way for you to get another opinion and perspective on yourself and behaviors. “By mustering the courage to peer at what others see, you can reach a level of self-awareness that few people attain” (p. 93)

Get to Know Yourself Under Stress

- Self-awareness during times of stress is extremely important. If you are able to recognize where your stress response comes from and how you deal with it, you can predict these signals and recharge so you can face any stressful situation head on with success.

