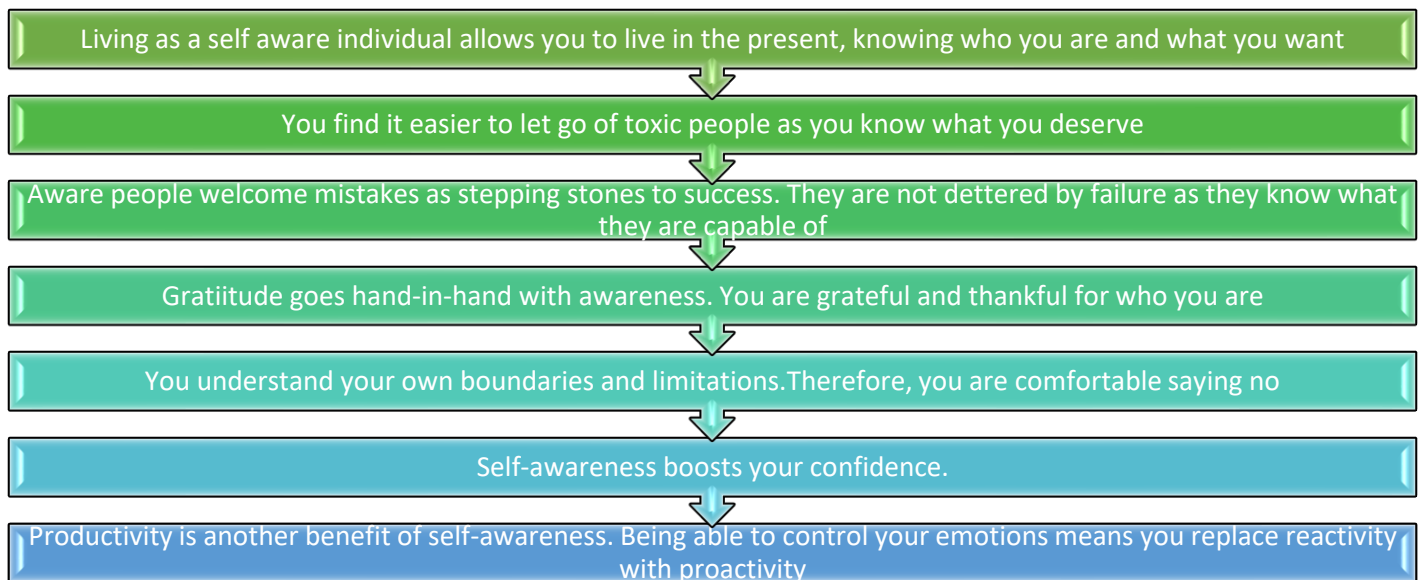




What is Self-Awareness and Why is it Important?

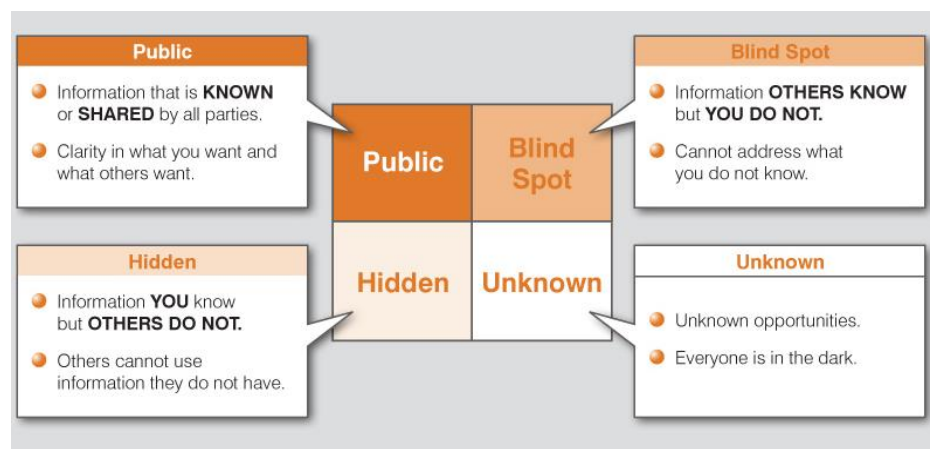
Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self-Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment. We might quickly assume that we are self-aware, but it isn't a skill measured in binary of "got it" or "don't got it" (on/off) options. It is helpful to have a range of scale for awareness. If you have ever been in an auto accident you may have experienced everything happening in slow motion and noticed details of your thought process and the event. This is a state of heightened awareness. With practice we can learn to engage these types of heightened states and see new opportunities for choices and interpretations in our thoughts, emotions, and conversations. Having awareness creates the opportunity to make changes in behavior and beliefs. (Pathway to Happiness LLC – retrieved from <https://pathwaytohappiness.com/blog/self-awareness/>)

7 Benefits of Self Awareness



Developing Self Awareness

1. Look at yourself objectively. ...
2. Keep a journal. ...
3. Write down your goals, plans, and priorities. ...
4. Perform daily **self-reflection**. ...
5. Practice meditation and other mindfulness habits. ...
6. Take personality and psychometric tests. ...
7. Ask trusted friends to describe you



A technique developed and used by Joseph Luft and Harry Ingham in California in 1955