

# SELF AWARENESS



# What is Self-Awareness?

- **“Self”** refers to what makes one’s identity unique. These unique components include thoughts, experiences, and abilities.
- Self-awareness, therefore, is the ability to see yourself clearly and objectively through reflection and introspection.
- When you are self-aware, you can objectively evaluate yourself, manage your emotions, align your behavior with your values, and understand correctly how others perceive you.

# Why is Self-Awareness Important?

## 1. Increases your social abilities.

People who are self-aware are very successful when creating relationships because they are able to realize exactly what they want in each person they meet. That certainty comes from knowing one's own abilities and challenges.





## 2. Promotes Productivity

People who are self-aware are fast thinkers. They understand themselves and are able to focus on the challenges of the day without hindrances. Without understanding yourself, there is a big challenge when you are held back by uncertainty. This results in the waste of precious time spent pondering over various courses of action, especially when a swift decision is needed.

## 3. Promotes versatility and open-mindedness

Knowing yourself can be very crucial to affecting the approach that you have on issues. Self-awareness in itself is the ability to actively seek to listen to the body and mind to know your natural response to change. This consciousness can help you have a clear focus when dealing with issues and when accepting opinions, feedback, and criticism from other people without being subjective. Ultimately, it enables you to find multiple solutions to a single problem.

## 4. Improves Leadership Skills

One of the most important attributes of a good leader is swift decision-making. A leader should also be impartial and confident. Knowing yourself helps you manage internal fears, and it allows you to focus on important matters.

# Personality & Self Awareness Test:

Group leader to read the skills carefully and each group member to tick or select whether they do this well or need to improve.

S/No	SKILL	I DO THIS WELL	I NEED TO IMPROVE
1	<b>Acting as a Role Model (being positive and professional)</b>		
	I am always on time.		
	I actively contribute to the positive image of my school/family/community.		
	I do not let personal issues interfere with my studies or daily activities.		

# Personality & Self Awareness Test:

S/No	SKILL	I DO THIS WELL	I NEED TO IMPROVE
2	<b>Asking questions while listening to others</b>		
	I use different types of questions (open, closed, leading, limiting).		
	I ask open and probing questions		
	I postpone my judgment by first asking questions to get clarification.		



# Personality & Self Awareness Test:

S/No	SKILL	I DO THIS WELL	I NEED TO IMPROVE
3	<b>Listening Actively to others</b>		
	I pay attention to verbal and non-verbal cues (e.g. nodding and eye contact).		
	I paraphrase to gain more clarity (e.g Can I check what you just said?)		
	I summarize what I have heard.		

# Personality & Self Awareness Test:

S/No	SKILL	I DO THIS WELL	I NEED TO IMPROVE
4	<b>Considering non-verbal communication and reacting to it</b>		
	I smile when listening to others.		
	I use open gestures in conversations.		
	I look at the messages of a person's body language		
	I use a friendly, polite, and sincere tone.		





**Am I self-aware? Can my peers say that I am self-aware?**

**What can I do to improve myself in areas in which I am not doing well?**

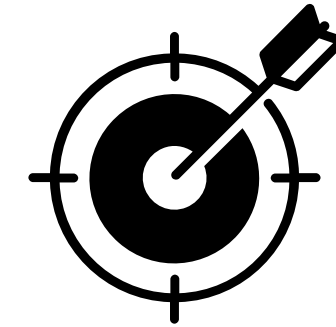
**What can I do to maintain what I am doing well?**

**Am I willing to help someone in my class, group, or society become self-aware? How could I best do this?**



# **Self Reflection Questions**

# **Cultivating Self-Awareness**





## 1. Create Space for yourself

When you are in a dark room without windows, it is fairly difficult to see things clearly. The space you create for yourself is that crack on the wall where you allow light to come through. Leave yourself some time and space every day, perhaps first thing in the morning or half an hour before sleep. Also, stay away from the digital distractions and spend time reading, writing, meditating, and connecting with yourself.

## 2. Practice Mindfulness

Mindfulness is the key to self-awareness. Through mindfulness practice, you will be more present with yourself so that you can “be there” to observe what’s going on inside and around you. It is not about sitting cross-legged or suppressing your thoughts. It is about paying attention to your inner state and emotions and feelings as they arise. You can practice mindfulness at any time you want, through mindful listening, mindful eating, or mindful walking.



### 3. Keep a Journal

Writing not only helps us process our thoughts, but it can also makes us feel more connected and at peace with ourselves. Writing can also create more head space as you let your thoughts flow out onto the paper. Write about what you think you can do and what is important to you.

## **4. Practice being a good listener**

Listening is not the same as hearing. Listening is about being present and paying attention to other people's emotions, body movements, and language. It is about showing empathy and understanding without constantly evaluating or judging. When you become a good listener, you will also be better at listening to your own inner voice and become the best friend of yourself.

## **5. Gain different perspectives**

Ask for feedback. Sometimes we can be too afraid to ask what others think of us, and while sometimes the feedback may be biased, you will be able to differentiate this from real, genuine, balanced feedback as you learn more about yourself and others.

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