



Don't give up



Concentrate



Imagine



Improve



Push yourself



Understand others



Try new things



Work hard



Understand Others

Character traits

Emotions

Behaviours

Values

Self Awareness

HOW WELL DO YOU KNOW YOURSELF?

How other people see you

What do people keep doing when they don't have self awareness?

6 SIGNS

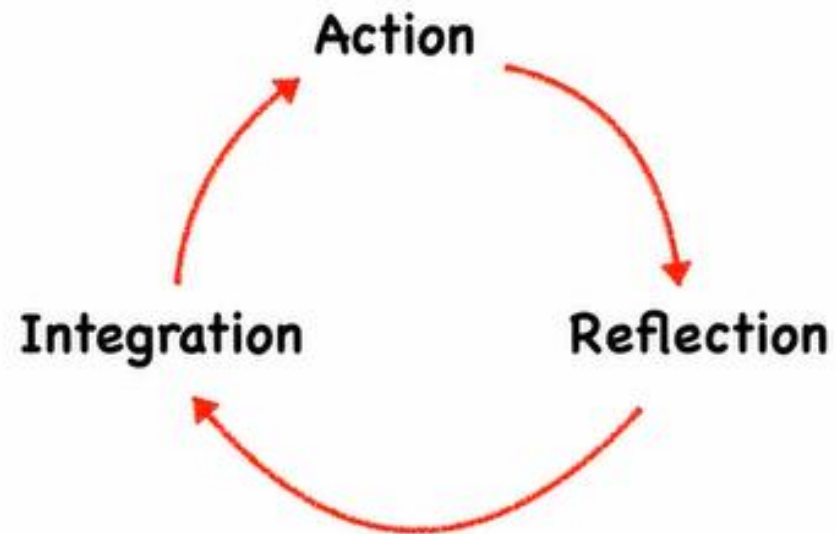
you lack self-awareness

1. Your emotional reaction doesn't match the situation
2. You get defensive when receiving feedback
3. You repeat negative emotional patterns
4. The things you do to "make yourself feel better" don't actually make you feel better
5. You haven't found a way to be consistently successful
6. You regularly regret decisions in your everyday life

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What do you have to do if you want to build self awareness?

Building Self Awareness



@kateleto

Building self awareness

Build Self-Awareness

Personal Emotional Intelligence

- Make time for self-reflection
- Acknowledge your true feelings
- Physically feel your emotions
- Identify your values and intentions
- Find a self-awareness model
- Seek feedback from people you trust
- Learn your hot buttons & triggers

Think about your own day yesterday.
Name TWO things you did well and
TWO things you could have done
differently to get a better outcome.



Is self awareness something that you can only have if you are lucky?

“Humans are built, not born”



Are there any potential disadvantages to considering how you come across to other people?

- Worried too much about what other people think of you
- Trying to be perfect
- Overwhelm
- Stress
- Anxiety



Is having the willingness to accept feelings, habits or beliefs that are different from your own.

<https://youtu.be/QS-rJcm7jyQ>



Reflection

- ▶ Are you aware of how you are acting?
- ▶ What your face is saying?
- ▶ How people see you?
- ▶ Are you giving the best version of yourself?
- ▶ Can you support others with understanding?
- ▶ Can you see that other people have different experiences and feelings and see things differently?