

Self Awareness

Self-awareness



What is self awareness?

Self awareness is having a clear perception of your personality, including strength, weaknesses, thoughts, beliefs, motivation and emotions.

How to develop self awareness?

Changing the interpretations in your mind allows you to change your emotions.

List and explain the various steps involved in self- awareness.

- Assess your self –talk – The first step in self awareness is to listen to YOURSELF. One way of getting your inner voice is to stand in front of the mirror and hear what you're saying to yourself about how you look.
- Use your senses – Our senses (sight and sound in particular) provide us with a huge insight into the world, ourselves, other people and situations.
- Get your feelings out – Our feelings are spontaneous and emotional responses to the things we experience. Facial expressions show how you feel.

List and explain the various types of self-awareness.

- Public self-awareness – this appears when people are at the center of attention, such as when giving presentation or talking to a group of friends.
- Private self-awareness – Seeing your face in the mirror is a type of private self-awareness.

Self consciousness


Self-consciousness is a heightened sense of self-awareness. It is a preoccupation with oneself, as opposed to the philosophical state of self-awareness, which is the awareness that one exists as an individual being, though the two terms are commonly used interchangeably or synonymously.



Don't think. Thinking is the enemy of creativity. It's self-conscious, and anything self-conscious is lousy. You can't try to do things. You simply must do things.

— *Ray Bradbury* —

AZ QUOTES



**“You can have
anything you want if
you are willing to give
up the belief that you
can’t have it.”**

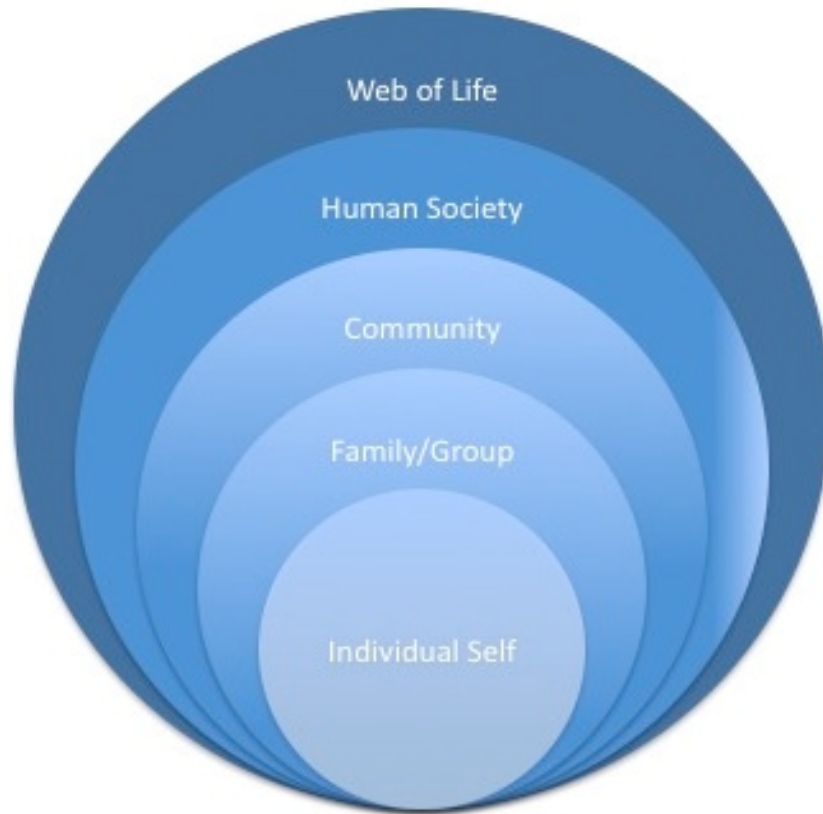
Dr. Robert Anthony

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Self Image

Your self-image is a mental picture of **yourself**, both as a physical body and an individual. When you think about **yourself**, the feelings and **images** that come up are important. A healthy body **image** means that you see **yourself** as you really are and that you feel good in **your** own skin.

Circles of the Self



An individual self

The physical self – refers to his personal experience. It is the way he looks and appears in front of others.

The emotional self- They can be seen depending on the situations which arise.

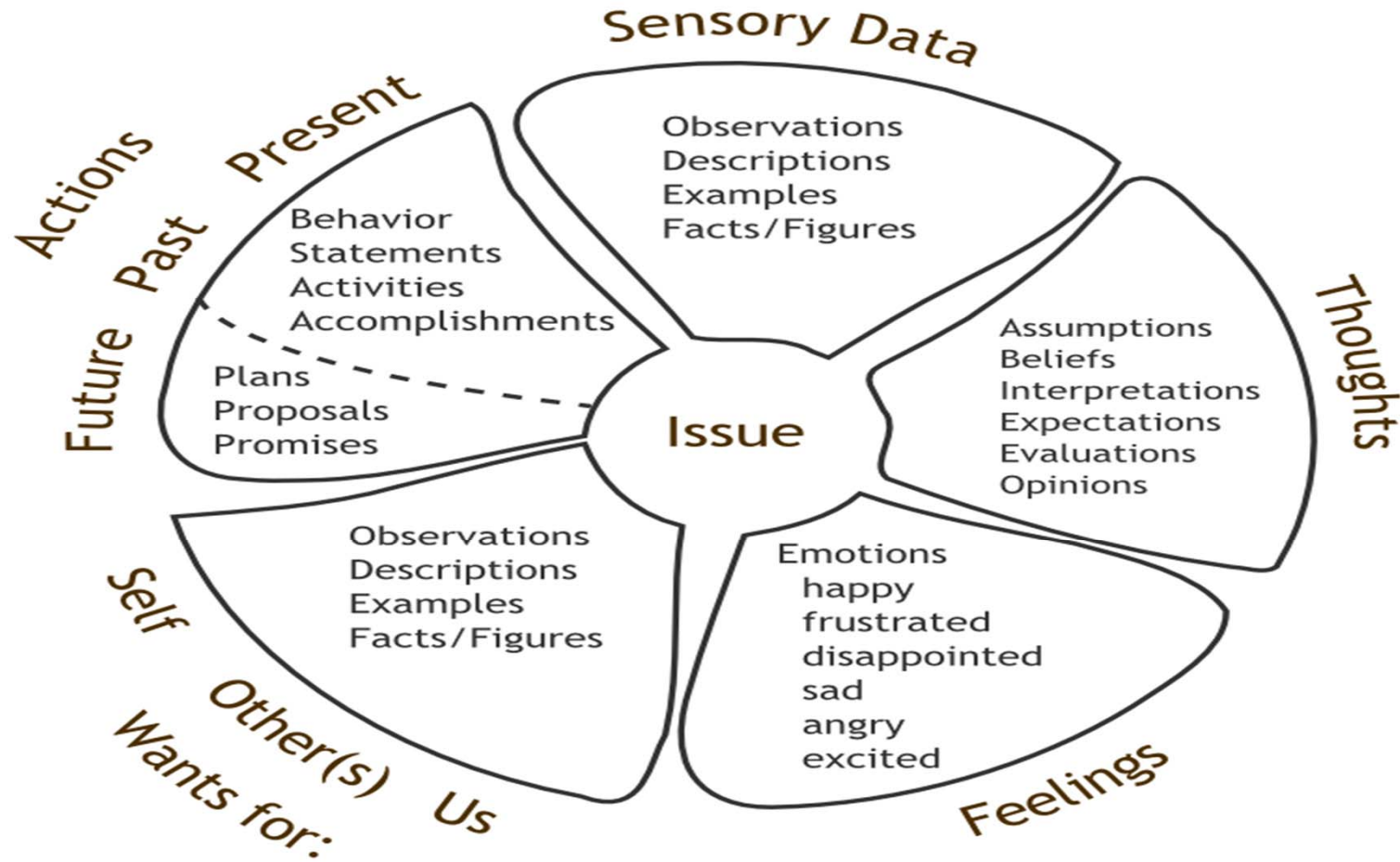
The mental self – to the thoughts and imagination of an individual.

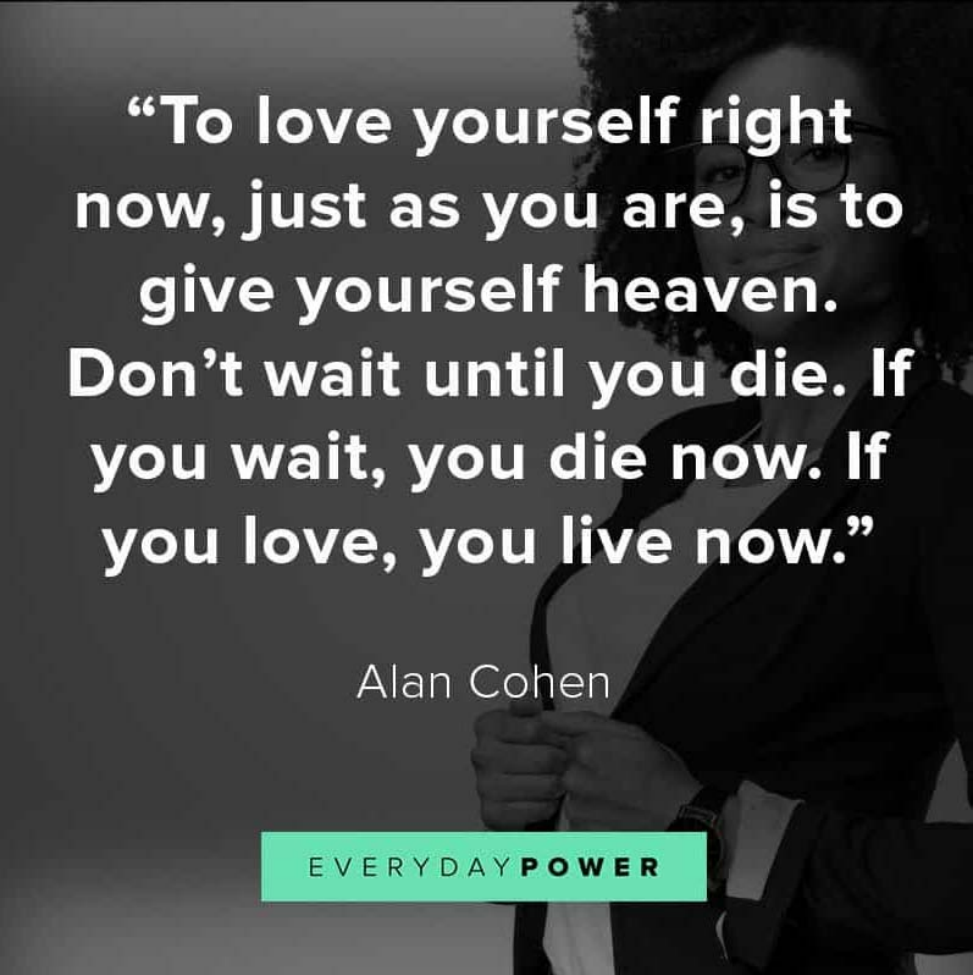
The spiritual self – refers to the values and beliefs of a person.

Five pillars of self awareness

- Emotional intelligence- **Emotional intelligence** (otherwise known as **emotional quotient** or EQ) is the ability to understand, use, and manage your own **emotions** in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.
- Core self evaluation – It represent a stable personality trait which encompasses an individual’s subconscious, fundamental evaluations about themselves, their own abilities and their own control.
- Values – It reflect a person’s sense of right and wrong or what “ought” to be.
- Learning styles – Learning styles refers to a range of competing and contested theories that aim to account for differences in individual’s learning.
- Attitude towards change – It refers to individual attitudes towards the changing environment conditions.

Awareness Wheel





“To love yourself right now, just as you are, is to give yourself heaven. Don’t wait until you die. If you wait, you die now. If you love, you live now.”

Alan Cohen

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Self Esteem

the term self-esteem is used to describe a person's overall sense of self-worth or personal value. In other words, how much you appreciate and like yourself.

Confidence Comes
Not From Always
Being Right But
From Not Fearing To
Be Wrong.

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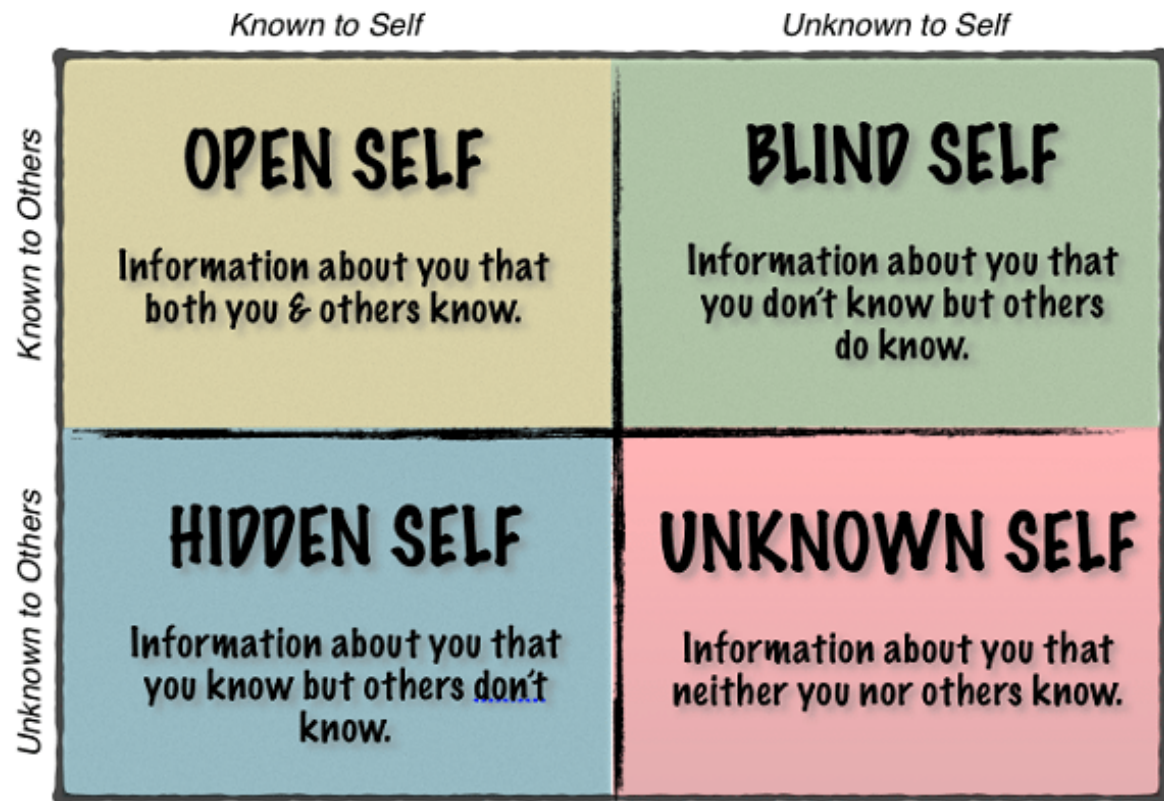
Self confidence

Confidence is a feeling of trust in someone or something. To be self-confident is to have confidence in yourself. Self-confident people don't doubt themselves. This is usually a positive word: you can be self-confident without being cocky, arrogant, or overconfident. If you know what you're doing, you have every reason to be self-confident.

How to build self confidence?

- Recognize your insecurities – What makes you ashamed of yourself? This could be from acne, regrets, disappointments etc. Write whatever makes you feel unworthy,ashamed,inferior,identify it and tear it down to start feeling positive.
- Talk about it with friends and loved ones – You need to learn to accept yourself,your past, your circumstances as they are, without necessarily thinking of them as “bad”.
- Remember that no one is perfect – Learn that life is full of bumps down the road.
- Identify your successes – Give yourself permission to take pride in your success. Do not allow yourself to be victimized.
- Be thankful for what you have – By acknowledging and appreciating what you do have, you can combat the feeling of being incomplete and unsatisfied.
- Accept compliments gracefully – Don’t roll your eyes and say, “Yeah, right,”or shrug it off. Take it to heart and respond positively.
- Look in the mirror and speak – Facial feedback theory

Johari Window



Goal Setting

- **If you're a coach**, your goal is to win a championship. Your system is what your team does at practice each day.
- **If you're a writer**, your goal is to write a book. Your system is the writing schedule that you follow each week.
- **If you're a runner**, your goal is to run a marathon. Your system is your training schedule for the month.
- **If you're an entrepreneur**, your goal is to build a million dollar business. Your system is your sales and marketing process.





*PUSH YOURSELF,
BECAUSE NO ONE ELSE
IS GOING TO DO IT
FOR YOU.*

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Five golden rules for successful goal setting

1. Set goals that motivate you - To make sure that your goal is motivating, write down **why** it's valuable and important to you. Ask yourself, "If I were to share my goal with others, what would I tell them to convince them it was a worthwhile goal?" You can use this motivating value statement to help you if you start to doubt yourself or lose confidence in your ability to actually make the goal happen.

Set SMART goals



Set goals in writing

If you use a [To-Do List](#), make yourself a To-Do List template that has your goals at the top of it. If you use an [Action Program](#), then your goals should be at the top of your Project Catalog.

Make an action plan

This step is often missed in the process of goal setting. You get so focused on the outcome that you forget to plan all of the steps that are needed along the way. By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal.

**A GOAL WITHOUT A
TIMELINE IS JUST A
DREAM.**

ROBERT HERJAVEC

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Stick with it !!

Remember, goal setting is an ongoing activity, not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots available to review your goals.

Types of Goals

Short Term Savings Goals- can be achieved in fewer than two months.

Medium Term Saving Goals- may take from 2 months to 3 years to achieve.

Long Term Savings goals- require 3 years or more to achieve.

Types of goals

Long term goals

Mid term goals

Short term goals