## **Basics of Self-Awareness**

## Awareness

- Know your own values
- "Right and wrong" are often subjective
- Stay aware of what stresses you
- Anticipate success, but manage obstacles
- Observe your own words and actions

### **Discuss:**

 What stressors are difficult to manage?

### Attitude

- Say what you mean, mean what you say, but don't say it mean
- Feedback is a gift, say "thank you" and then keep what is helpful
- Listen with compassion and without judgement
- Accept what "is" and focus on your goals

### **Discuss:**

 How do you "self-check" your intentions before acting?

## Action

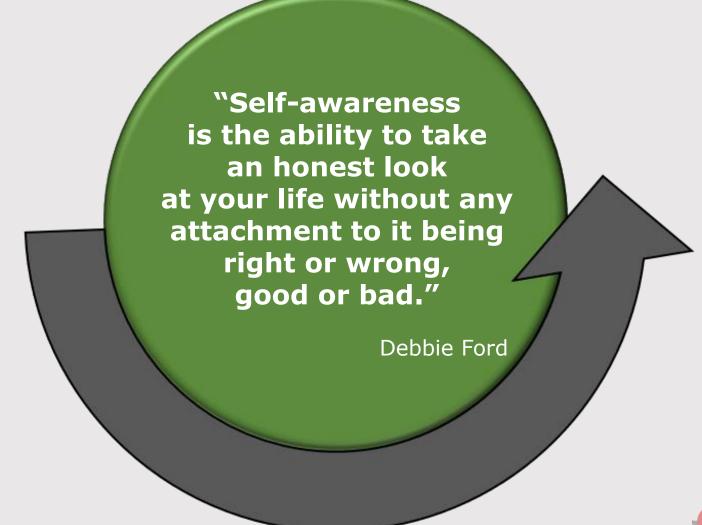
- Notice when others respond unexpectedly
- Consider the viewpoints of others to gain a fuller perspective
- Seek and explore feedback (from trusted people)
- Create a personal support network
- Ask "what" can I do about this (vs. "why" did it happen)

### **Discuss:**

• Which of your strengths do you share most easily?



# Closing



## Resources: Basics of Self-Awareness

### LinkedIn Learning

Becoming More Self-Aware (~4 minutes)

https://www.linkedin.com/learning/search?keywords=%20self%20awareness&u=508 44473

Developing Self-Awareness (~1 hour)

https://www.linkedin.com/learning/developing-self-awareness/welcome?u=50844473 Self-awareness and Being Human (~3 minutes)

https://www.linkedin.com/learning/search?keywords=developing%20self%20awareness&u=50844473

The Power of Introspection to Become Self-Aware (~3 minutes)

https://www.linkedin.com/learning/search?keywords=basics%20of%20self-awareness&u=50844473

#### Online sources

5 Ways to Become More Self-Aware <a href="https://hbr.org/2015/02/5-ways-to-become-more-self-aware">https://hbr.org/2015/02/5-ways-to-become-more-self-aware</a>

Building Self-Awareness: 16 Activities and Tools for Meaningful Change <a href="https://positivepsychology.com/building-self-awareness-activities/">https://positivepsychology.com/building-self-awareness-activities/</a>



## More Resources: Self-Awareness

### More Online sources

What Self-Awareness Really Is (and How to Cultivate It) <a href="https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it?registration=success">https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it?registration=success</a>

### JMU Talent Development Resource Collection Books

- Emotional Intelligence 2.0 © 2009 by Travis Bradberry and Jean Greaves
- The EQ Difference: A Powerful Plan for Putting Emotional Intelligence to work ©2005 by Adele B. Lynn
- Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace) ©2012 by Chade-Meng Tan
- Braving the Wilderness: The quest for true belonging and the courage to stand alone © 2017 by Brené Brown
- Dare to Lead ©2018 by Brené Brown
- Drive: The Surprising Truth About What Motivates Us ©2009 by Daniel Pink

