

# 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

**“Self-awareness  
is the ability to take  
an honest look  
at your life without any  
attachment to it being  
right or wrong,  
good or bad.”**

Debbie Ford



# Resources: *Basics of Self-Awareness*

## **LinkedIn Learning**

Becoming More Self-Aware (~4 minutes)

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

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 <https://hbr.org/2015/02/5-ways-to-become-more-self-aware>

Building Self-Awareness: 16 Activities and Tools for Meaningful Change

<https://positivepsychology.com/building-self-awareness-activities/>



# More Resources: *Self-Awareness*

## More Online sources

What Self-Awareness Really Is (and How to Cultivate It)

<https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it?registration=success>

## 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

