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

**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

**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:**
- What stressors are difficult to manage?
- How do you “self-check” your intentions before acting?
- Which of your strengths do you share most easily?
“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
More Resources: Self-Awareness

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

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