

Building Self-Awareness

Self-awareness is really the art of noticing. It's our ability to **recognize and gain insights** into our own thoughts, emotions, behaviors and motivations. In this way, **it's a window into yourself that wasn't there before**.

We often get insights but don't act on them. So, self-awareness also includes some level of intentionality where you apply the insight you gain by disrupting old patterns and choosing new ones. Remember, not all insights feel easy, but that doesn't mean they aren't valuable, so remind yourself to remain open and to continue even when things feel hard.

Use the visualization and questions below to help you further cultivate your self-awareness.

Visualization and questions to help you Get Unstuck

- ☉ Choose a situation you wish you could change. Imagine it like a movie. Picture how the situation played out with everyone involved. Notice your thoughts, feelings, how you responded and how others responded to you.
- ☉ What do you notice now that you didn't notice before? Did your perspective change? Did you gain a new understanding? Write down everything that comes to mind.
- ☉ Visualize the situation again, this time with your new insights. As you do, your wisdom will embed more deeply into your memory so you can recall it for future use.
- ☉ Repeat this visualization as often as you can. It will strengthen with repetition.

Self-awareness is a skill you can develop. It takes practice and a willingness to see the situation from a new perspective.