**Self-awareness**

**Definition:**
Having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self-Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.

**What does this mean?**
- Awareness of your own being, actions and thoughts
- With a good understanding of how we relate to others, we can adjust our behaviour so that we deal with them positively. By understanding what upsets us, we can improve our self-control. And by understanding our weaknesses, we can learn how to manage them, and reach our goals despite them

**Why is it important?**
- Developing self-awareness is important for better relationships and for a more fulfilling life, both in the workplace and at home
- Having self-awareness allows you to see where your thoughts and emotions are taking you. As you develop self-awareness you are able to make changes in the thoughts and interpretations you make in your mind. Changing the interpretations in your mind allows you to change your emotions
- It can help us to recognize when we are stressed or under pressure
- In order for you to change your life in any way you need to know yourself before you can act
How can you develop it?

- Psychometric tests are useful for giving people an objective view of how they behave, and how they compare in outlook with others. The answers they give categorize them by the personality traits or preferences they show, and then provide some commentary on these. These tests don’t capture the richness and uniqueness of an individual but they can point out similarities and differences between people, and can help you understand more about yourself and others. Example of a psychometric test is “Personality Dimensions”, which is a component of KPR’s Building Leadership Capacity Program

- Embrace Silence: Silence is beneficial to your overall health and well-being and is a perfect medium for stimulating self-awareness

- Deliberately do something different to your normal routine, as it will increase your awareness of yourself

- Frequently ask yourself about what you are doing and why. Be specific. By constantly having this debate with yourself, you will inevitably become more self-aware

- Ask for reflective feedback

- Ask yourself some of the following questions:
  - What type of people do I enjoy spending time with?
  - Why do I enjoy those specific qualities in people?
  - What do I fear most in my life right now? Why?
  - When do I feel the most frustrated? What is it about those situations that I feel that way?
  - Am I currently doing the type of work I love to do? If not, what type of work would I like to do? If yes, what would have to change for me to enjoy it more?