

# SELF- AWARENESS

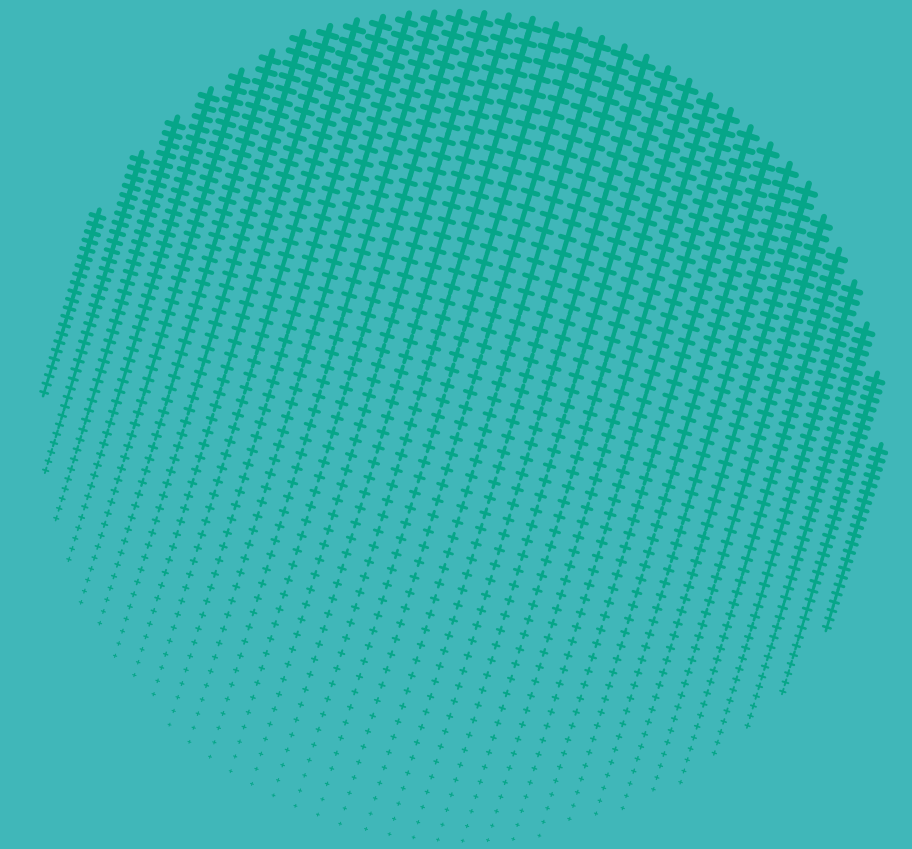
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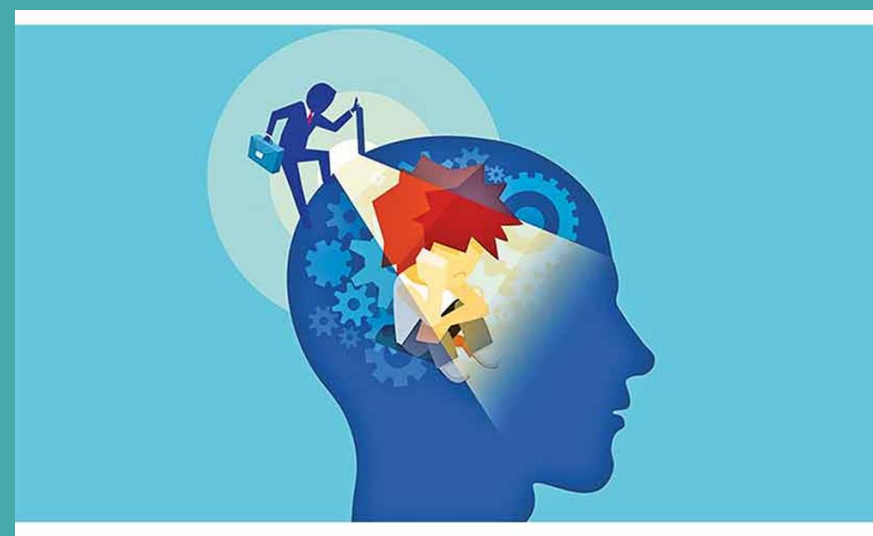
This presentation focuses on Self - **awareness**, its impact, and significance for individuals and communities.



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## Introduction

Self - awareness is the ability to see and understand yourself clearly. It's a set of attitude a person holds towards him or herself. Your uniqueness beyond your name, self image, status, roles, skills, profession. It's a clear perception of your personality, including strengths, weaknesses, thoughts, emotions, beliefs and motivation.

### Reflection Questions:

- ✓ Are you aware of your self?
- ✓ Are you able to describe yourself?
- ✓ How does having clarity about who you are and what you want help in different aspects of your life?

## .....**THREE CATEGORIES OF**..... **SELF-AWARENESS**



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This is having an accurate understanding about ourselves and the impact we have on others

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95% of people think they are self-aware but only 10 – 15% actually are.

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It is not easy to know oneself but it's a skill that can be developed

## Benefits of self awareness

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Understanding yourself gives you an opportunity and freedom to change things about yourself and create a purpose driven life.

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It increases your self confidence

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It's not possible to change yourself and become self –accepting if you do not know who you are.

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Understanding your thoughts and behavior patterns helps you be empathic with others & self

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It facilitates better personal and professional relationships.

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Help individuals be able to make better decisions.

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Allows you to understand yourself and others in order to establish health boundaries

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Changing the interpretations in your mind allows you to change your emotions.

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## Cont..

Able to behave consistently

Be more predictable

Having a clearer self image

Able to think objectively

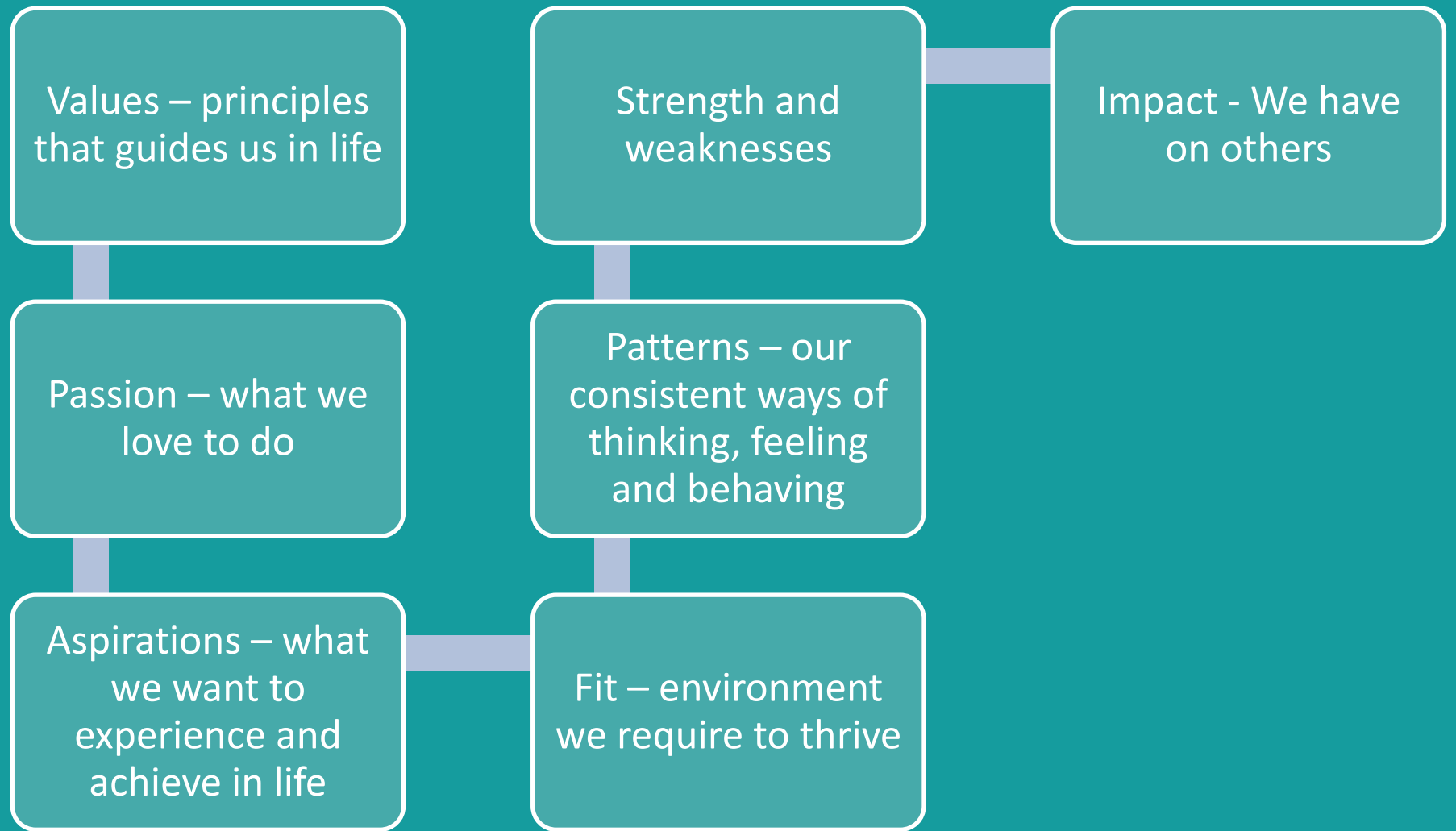
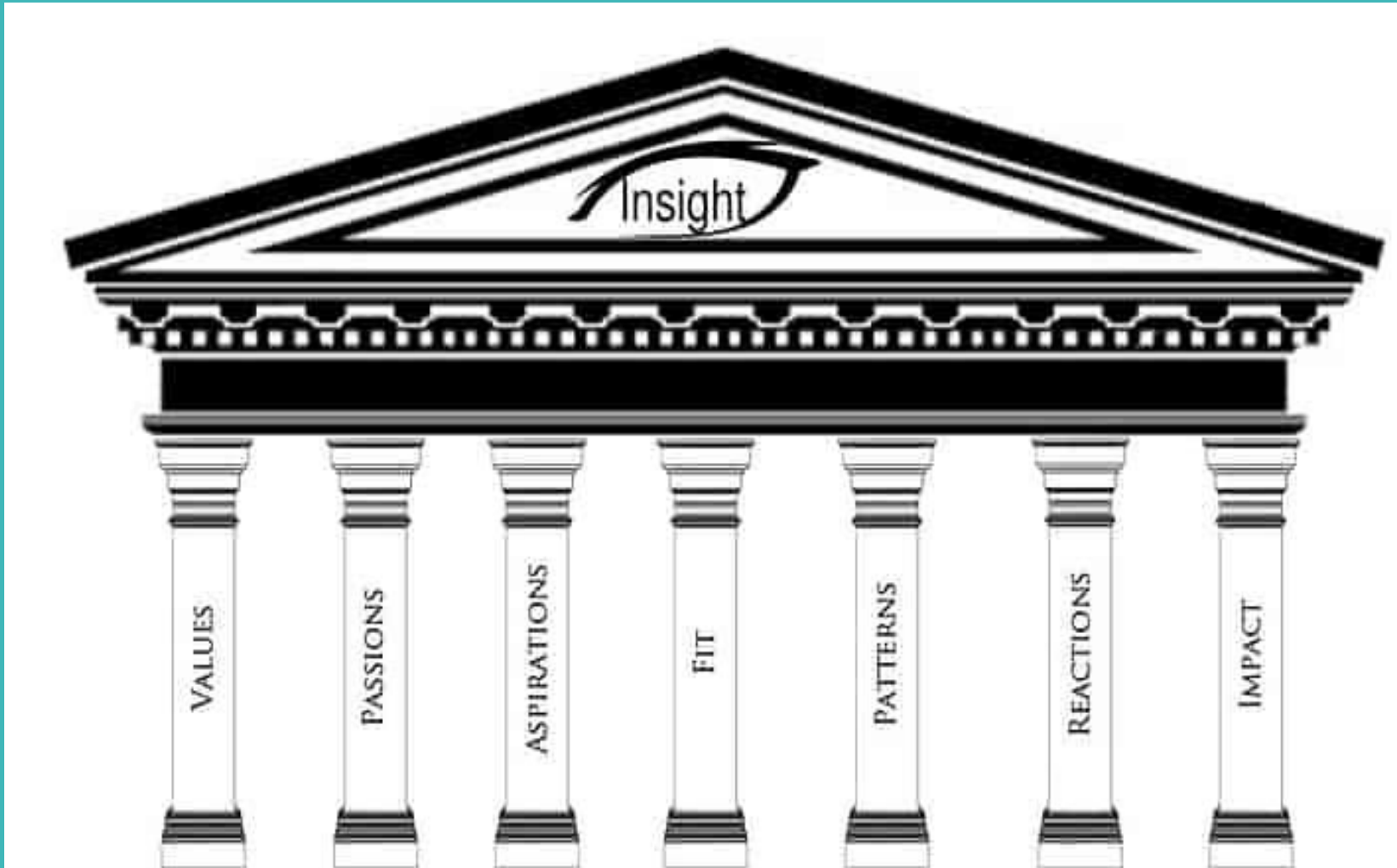
More in charge of your life

More sensitive to personal and other people's needs

Able to handle situations in life.

It helps you to be committed to your personal growth

# 7 Pillars of Awareness



# Types of Self awareness

## 1. Internal self awareness



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Ability to clearly see and understand who you are from the inside and the impact you have on others.

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Reflecting on your identity, values, biases, strength & weaknesses, patterns and see how they are impacting on your life.  
Lack of internal awareness leads to self-sabotage

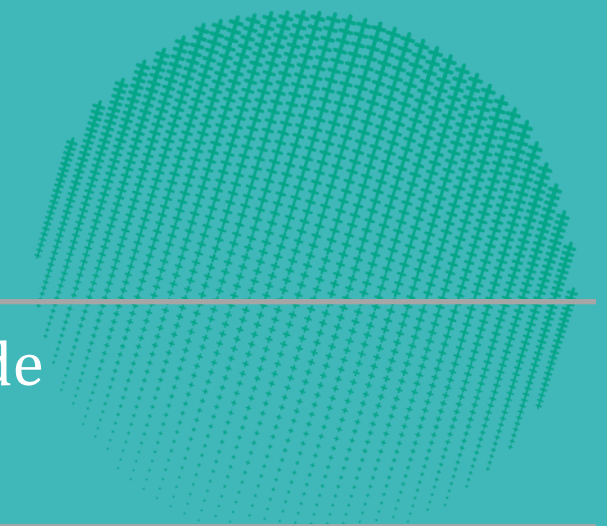
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Improving your inner self allows you to make decisions that are more consistent with who you really are

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Helps you to live a happier and more fulfilling live

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## External self awareness

Seeing yourself from the outside - inside

Understanding how people view you

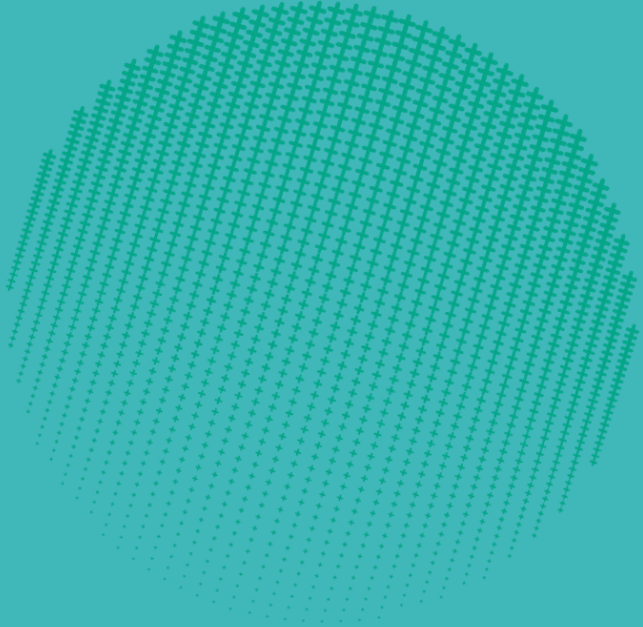
How those around you see your values, aspirations, ideal environment, patterns, reactions and impact on them

It's the foundation to building stronger and more trusting relationships (read your impact on others & successful embrace their perspective)

Lack of external awareness leads to disconnection

Can be blindsided by critical feedback

# Levels of Self awareness



Each has different characteristics and challenges, and each has their own set of strategies for improving awareness.



**Seekers** – Are people who are less developed in both internal and external self awareness

**Introspectors** - have more developed internal and with less external awareness

**Pleasers** - have more developed external but less internal awareness

**Aware** – Are more developed internal and external self awareness

# What can hinder us from knowing ourselves

Lack of meaning and purpose in life

Unfair treatment from significant others

Physical and emotional abuse

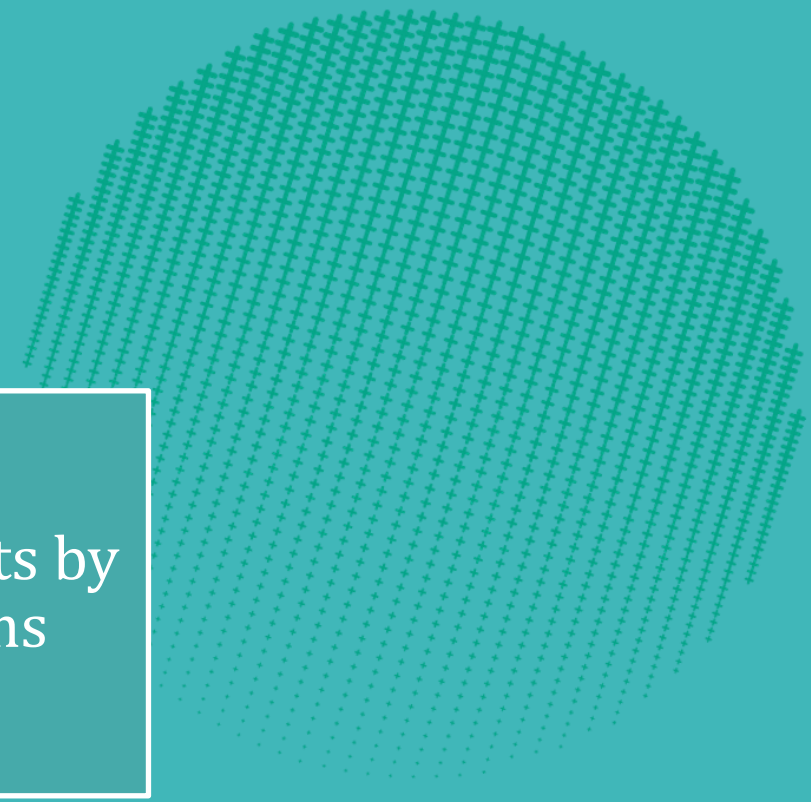
Negative comments by others/criticisms

Negative attitude towards your physical appearance

Unhealthy competition and comparison

Poor social or Personal value system.

Personal achievements or failures



# Gaining external self awareness using the Johari's window

**Open self:** It is the window that shows your behavior, motives, attitudes, knowledge skills that you (the self) and others are aware of.

**Blind self:** The window that shows the state of an individual behaviour that it's known to others but not known to themselves. It usually happens, when an individual or a subject copies the behavior of someone unconsciously since their childhood.

**Hidden self:** A window that shows the state of an individual known to themselves but not known to others such as past hurts, hidden secrets etc.

**Unknown self:** A window that shows a mysterious state of an individual that is neither known to themselves, nor others know about it. Example a hidden talent, repressed emotions or untapped potential

The ultimate need is to enlarge the open self window with the intent to establish a fruitful relationship with the self as well with others such that the work can be performed efficiently when working as a team.





# Practical steps in gaining Internal self - awareness

## Practice

Practice short mindfulness moments (1–5 minutes)

- What: Pause, focus on breath or senses, notice thoughts without judging.  
Why: Mindfulness builds the habit of noticing inner experience and reduces reactivity.  
Tip: Do a 1-minute breathing check three times daily (before meals, after meetings).

## Keep

Keep a short, regular journal (5–10 minutes)

- What: Note feelings, triggers, decisions, and one insight each day. (Prompts help: “What bothered me today?” “What made me proud?”)  
Why: Writing clarifies thoughts, reveals patterns, and improves emotional regulation.  
Tip: Stick to a simple format: Situation → Feeling → Reaction → Lesson.

## Name

Name emotions quickly (emotion-naming practice)

- What: As soon as you notice a strong feeling, name it (e.g., “I’m anxious,” “I’m annoyed”). Spend 90 seconds on it.  
Why: Labeling emotions reduces their intensity and improves decision-making.  
Tip: Try the “90-second emotion naming” from HBR’s Emotional Intelligence series.





## Run small experiments and review outcomes

**What:** Try changing one behavior (e.g., pause before answering) for a week and journal results.

**Why:** Experiments test assumptions and build new habits without grand overhaul.

**Tip:** Start tiny (one new action/day) and review weekly.



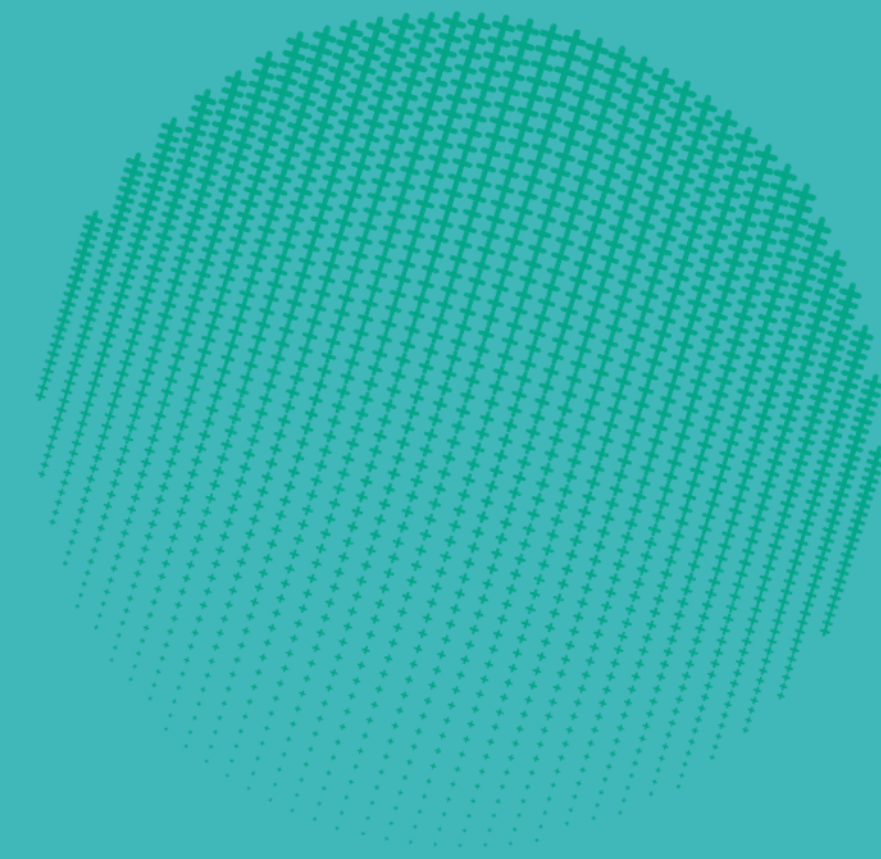
## Use coaching or personal therapy for deeper blind spots

**What:** If you repeatedly hit the same barriers (relationships, anxiety, anger), get professional help.

**Why:** Therapists and coaches offer tools and objective perspective that friends can't.

**Tip:** Short-term coaching can accelerate awareness and habit change.

# Conclusion



Whenever you are about to find fault with someone, ask yourself, what fault of mine most nearly resembles the one I am about to criticize? Marcus Aurelius...

**THANK YOU**

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