

Self Awareness



The ability to clearly understand your thoughts, emotions, values, and how they influence your actions

Why It Matters?

- Builds better relationships
- Improves decision-making
- Increases emotional control
- Boosts confidence



The Self-Awareness Formula



Pause → Reflect → Understand → Adjust

Key Areas to Know About Yourself

- Values – what matters most to you
- Strengths – what you're good at
- Weaknesses – where you need growth
- Triggers – what sets off strong emotions



Quick Ways to Grow Self-Awareness



- Practice daily reflection
- Ask for honest feedback
- Keep a feelings journal
- Notice your reactions before acting.

REFLECT.REALIZE.RISE