

Improving Self Awareness Webinar - Quick Reference Sheet

What is the self?

To many, the answer might be so obvious that they haven't given it much thought. No answer will be completely accurate or at all times precise. Instead, here is a temporary answer, good for the purposes of this course: the self is the aspect of an individual organism that is aware of its existence as an individual organism.

Why Improve Self Awareness?

A vital way of becoming more effective in both business and life is by becoming more self aware. If you can become aware of your self – your strengths and your weaknesses – then, you can become aware of the effects you create.

The Four Levels of Self

Physical Self - Even though we live inside physical bodies, so to speak, it's not uncommon to proceed day in and day out without ever truly being aware of one's body. An increased awareness of your physical body is the first step in improving both your physical and emotional health.

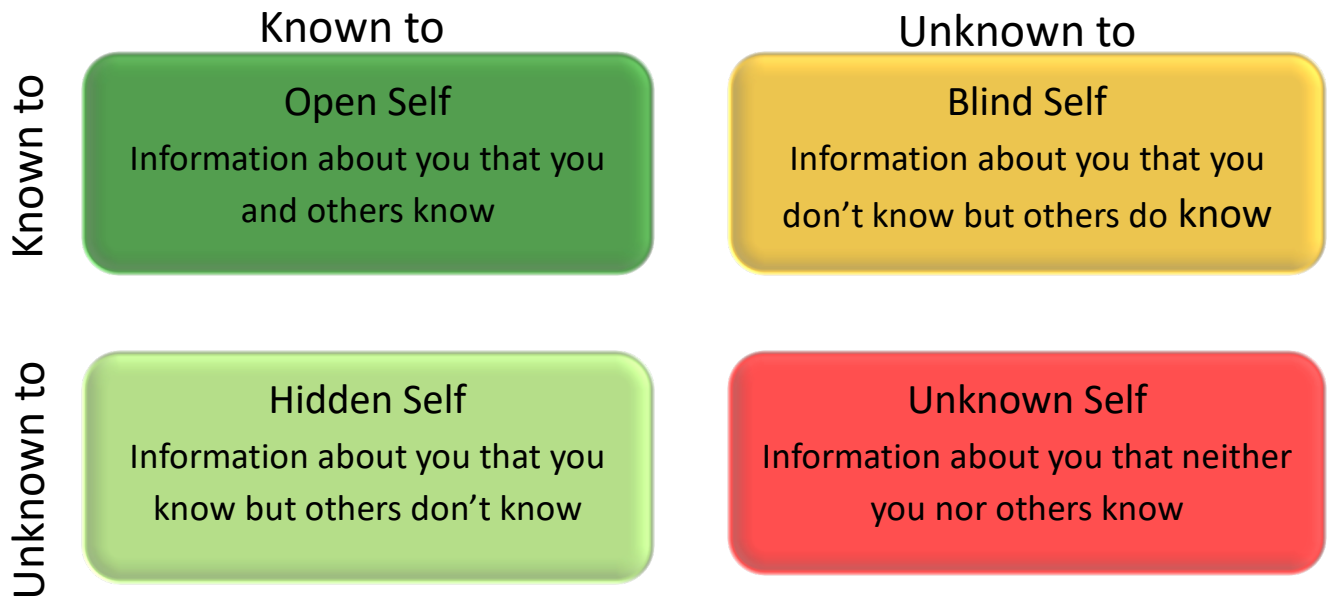
Emotional Self - The emotional aspect of the self has long been misunderstood. With the advent of agriculture, for the first time in human history, people did not have to wander and had food surpluses that went beyond the immediate moment. As a result, you suddenly had large groups of people living near each other. In order to limit the destructive impulses that tended to come out when large groups gathered, people began to champion concepts of reason and rationality.

Mental Self - Strictly speaking, it is not possible to control your emotions. However, your thought processes often determine how you assess a situation, and it's that assessment where emotions can come into play. In developing greater self-awareness, you must become aware of your mental self.

Spiritual Awareness - Developing awareness of the spiritual self is the capstone to developing awareness of one's whole self. When you begin to focus on spiritual development, all other approaches to increasing your self-awareness become enhanced because frequently a key step to becoming more aware of your body, heart, and mind involves paying attention to the needs of your soul.

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Johari Window



The Validity of Emotions

- If you feel anger, it is valid to acknowledge to yourself that you do indeed feel anger
- Denying an emotional state is a dangerous action that can have big consequence
- Emotional breakdown in the future if not addressed

Categories of Emotions

- Emotions that always help us to perform well
- Emotions that always interfere with high performance
- Emotions that can either improve our performance or impede it