

# Self-awareness

Knowing that you have the personal characteristics and skills to achieve at something is a sign of self-awareness



## What is Self-awareness?

- Self-awareness is about knowing who you are and what you want. It is about being aware of your own individuality. The ability to know and understand one's self.
- Self-awareness is about being aware of your own behaviours, motivations and emotions. It is about understanding how and why you behave the way you do.
- Self-awareness is about realising what your strengths and limitations are.
- Self-awareness is about being aware of your attitudes, beliefs and what you personally value.

## Why is Self-awareness important?

- Developing self-awareness helps you understand why you enjoy some things and not others.
- The more self-aware you become the better able you are to make good decisions, such as entering into a career that will satisfy your interests and what you value in life.
- Self-awareness can enrich your life.
- Knowing who you are and what you are motivated by is important because you can then move closer to living according to what you value and realising your dreams.

## How do you build Self-awareness?

- Get to know yourself. Ask yourself questions like, “am I more reserved or more outgoing?” and “what am I motivated by?” Ask your friends to give you feedback too.
- Complete a psychological profile. Read it, and then catch yourself behaving in ways it describes, good and bad.
- Keep on reflecting on the way you behave in different situations. Realise the moments when you feel de-motivated and unhappy or motivated and happy and ask yourself what caused you to feel this way?
- Become your own mirror; take every opportunity to learn about yourself, your likes and dislikes, what interests you, how your behaviour makes you feel and what motivates you.

## ezMe® and Self-awareness

- Together your ezMe® profile and ezLearningExperiences will inspire you to discover more about yourself and build your self-awareness.