

## Positive Self-Awareness

Psychologist Daniel Goleman, has proposed the following definition of self-awareness in his best-selling book "Emotional Intelligence": "knowing one's internal states, preference, resources and intuitions".

### 1. Self-Awareness

Antonyms – Dishonesty, insensitivity, tunnel vision.

Synonyms – Honesty with self, empathy, openness.

Self-Talk of the Loser: "The world is flat, you can't convince me otherwise"

Self-Talk of the Winner: "I understand my roots"

Quote: "Great Spirit, help me never to judge another until I have walked in his moccasins."

- Sioux Indian prayer

To Do List for improving positive self-awareness:

- Schedule a comprehensive medical check-up.
- Become more curious about what is happening in the world.
- Get out of the groove. Change weekly or/and daily routines.
- ***On a legal pad make a list of "I am". Note your strengths in one column and your weaknesses in another. To start with choose only 5 strengths and 5 weaknesses that needs improvement. Choose the first 3 strengths and plan activities to improve them. Forget about the other 2 for now. Cross out the weaknesses and forget about them. Use the other methods listed on the INSTRUCTION SHEET (PDF download). Finally choose up to 3 strengths and set goals to achieve the improvement planned (Strengths Score Board and Goal Directed Worksheets – Also PDF downloads.)***
- Look at yourself through the eyes of other people. How do they experience you?
- Look at yourself objectively.
- Set aside 30 minute each day for yourself to relax and to enjoy life. The way that you experience life – physiologically and psychologically – depends on you.
- Always look for the truth and only speak the truth.
- Spend time and appreciate children and the elderly.
- Stick to your guns.

Love yourself and share that love with others.

Work on your strengths, set goals to improve them further, reward yourself for achieving a goal and practice affirmations to help you to with achieving your goals.

Learn more about self-awareness: <https://positivepsychologyprogram.com/self-awareness-matters-how-you-can-be-more-self-aware/>