

Self-awareness

Self-awareness is having a clear and realistic perception of who you are. Self-awareness is not about uncovering a deep dark secret about yourself, but understanding who you are, why you do what you do, how you do it, and the impact this has on others.

Self-awareness is directly related to both emotional intelligence and success.

- It helps you create achievable goals because you can consider your strengths, weaknesses, and what drives you when goal-setting.
- It allows you to guide yourself down the right path by choosing to pursue the opportunities that are the best fit for your skill-set, preferences and tendencies.
- It makes identifying situations and people that hit our triggers and anticipating our own reactions easier.
- It allows us to make positive behavioural changes that can lead to greater personal and interpersonal success

Building Self-Awareness

1. **Put the time in** – Self-awareness is not learned in a book, but achieved through self-reflection! Use what you have learned about yourself to inform decisions, behaviours, and interactions with other people. Some guided questions to get you started:

- What are 3 of your strengths and 3 of your weaknesses?
- What do you value most?
- What are the feelings you are more aware of experiencing than others?
- What are your triggers (people and situations most likely to trigger negative or uncomfortable emotions)?
- How do you respond under stress?
- How do the different roles you play in your life make you feel (e.g. sister, student, best friend, employee, athlete, etc.)?



2. **Predict how you will feel and respond** before a situation and reflect on your actual feelings and response after the situation.
3. **Focus on your choices** - What can you learn from your past triumphs and mistakes? Why did you make a particular decision? How did this choice make you feel?
4. **Ask for feedback** – Self-awareness is as much about acknowledging what you still need to learn as it is about identifying your strengths. Asking for feedback on your performance, behavior, interactions, can serve to improve your future actions and responses. Feedback can also identify aspects of your behavior you aren't seeing clearly (your blind spots).
5. **Record (keep a journal)** – Allows you to reflect on daily thoughts, feelings, perceptions, choices, behaviours, and interactions with others. Be honest with yourself. Reflecting on your experiences allows you to learn something that can guide your personal development so think about it and write it down!
6. **Label your emotions** – Feelings can be expressed using one word, but are often held back. Use the below Inventory of Feelings to practice labeling what you experience in different situations throughout your day. Your feelings provide insight into your thoughts and actions, as well as allow us to better relate with others. You may also recognize trends in how you are feeling which can teach you something about yourself.
7. **Visit a success coach.** If you would like more information on how to incorporate these strategies into your study routine visit a success coach. To book an appointment, visit the student success office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.



Inventory of feelings (to get you started)

Accepted	Concerned	Foolish	Miserable	Sensitive
Admired	Confident	Forgiving	Motivated	Shy
Afraid	Confused	Fortunate	Offended	Silly
Alone	Connected	Grateful	Open	Smart
Angry	Content	Guilty	Optimistic	Strong
Annoyed	Courageous	Happy	Overwhelmed	Stubborn
Anxious	Cranky	Heartbroken	Panicked	Stunned
Apathetic	Creative	Helpless	Paralyzed	Surprised
Appreciated	Critical	Hesitant	Paranoid	Suspicious
Appreciative	Curious	Hopeful	Pathetic	Thankful
Ashamed	Daring	Horrible	Peaceful	Threatened
Authentic	Defensive	Humiliated	Pessimistic	Timid
Awkward	Depressed	Hurt	Playful	Tired
Bored	Determined	Important	Pleased	Tolerant
Bothered	Disappointed	Indifferent	Powerless	Torn
Brave	Disconnected	Insecure	Proud	Trapped
Bummed	Disgusted	Inspired	Refreshed	Unappreciated
Calm	Disinterested	Interested	Regretful	Uncertain
Certain	Dissatisfied	Intrigued	Rejected	Uncomfortable
Challenged	Distracted	Irritated	Relaxed	Uneasy
Cheerful	Eager	Jealous	Relieved	Unforgiving
Clueless	Empty	Lazy	Resentful	Upset
Cold	Encouraged	Lonely	Reserved	Useless
Comfortable	Energetic	Lost	Sad	Vulnerable
Comforted	Envious	Loved	Satisfied	Weak
Compassionate	Excited	Lucky	Scared	Wise
Competitive	Fake	Manipulated	Selfish	Wonderful

