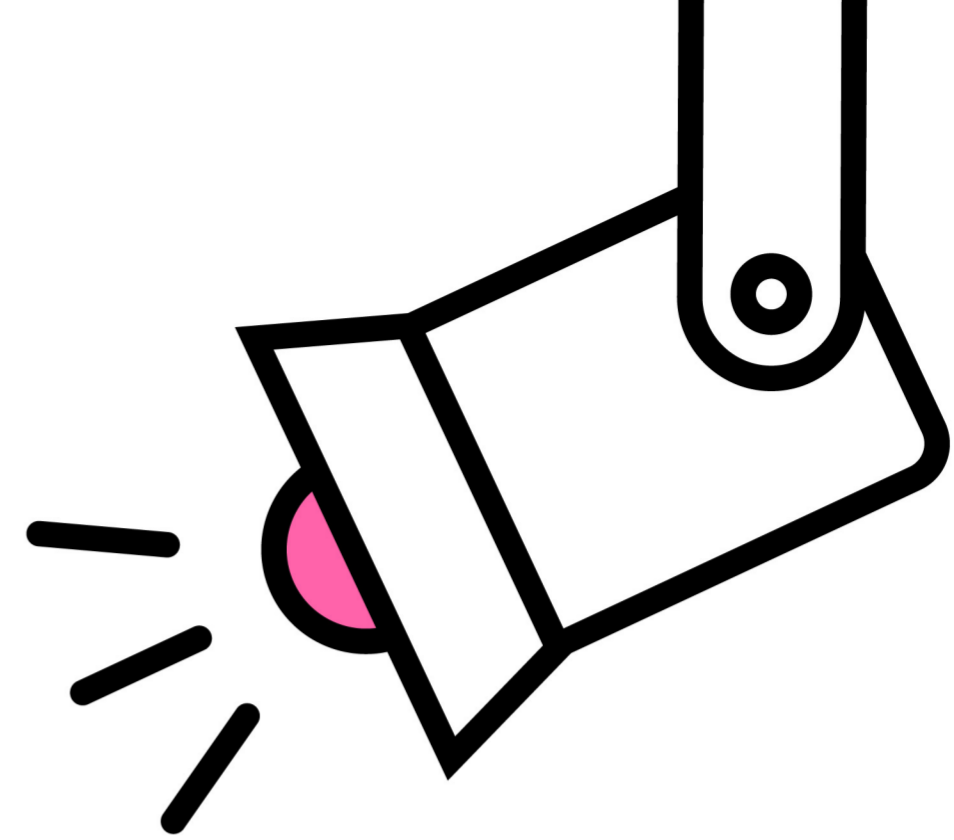


SPOTLIGHT POINT:

Thinking more about the importance of being self-aware



Self-awareness is something you can learn, teach, and discover. It is a gradual process in which you become more aware of who you are with each passing day

Self-awareness is the exploration of your individual personality, your value systems, your beliefs, and your natural tendencies

Acknowledge your feelings instead of rejecting or suppressing them

Recognize your strengths and weaknesses, identify your preferred learning and communication styles, and understand your life/future goals