



#8: Increasing Self-Awareness

Question: What did you learn from our special guest?

Self-awareness is the ability to see your whole self clearly and objectively and includes feelings, thoughts, actions, values, strengths, weaknesses, interests, motivations, and how you affect others.

Self-awareness is important for: relationships, decision making, emotional well-being, work performance, and personal growth.

Internal self-awareness is your own understanding of yourself. *External* self-awareness is your own understanding of how other people view you.

As an ability, you can improve your self-awareness just like you can improve skills of good communication, finishing what you've started, asking good questions, or connecting with others.

There are four types of self-aware people: introectors, aware, seekers, and pleasers.¹

Question: Which self-awareness type do you most relate to? Why is that?

You can grow in self-awareness at CMA by seeking feedback, self-reflecting, learning other people's perspectives, and utilizing tools like AVA, CliftonStrengths, and Working Genius.

- *AVA*: natural tendencies to predict work behavior like Assertiveness, Activity Level, Morale
- *CliftonStrengths*: natural talent areas to turn into strengths like Achiever, Relator, Learner
- *Working Genius*: gifted ways of doing work in a group like Wonder, Discernment, Tenacity

Question: What's your next step for growing in self-awareness?

¹ Eurich, Tasha. "What Self-Awareness Really Is (and How to Cultivate It)," *Harvard Business Review*, Jan. 4, 2018.