

# Better Self-awareness

Self-awareness means being aware of both your strengths and your weaknesses. It is also being aware of the impact your behavior has on others and it means thinking through your actions and consequences prior to acting out impulsively. Being self aware, means controlling your emotions, coping with stress and using problem solving skills effectively. With a strong sense of self-awareness, one is able to take charge of both performance and behaviors appropriately. A strong sense of self-awareness helps us let go of negative events and emotions and hold on to positive emotions.



Select 3-4 areas where you need to be more aware, list 3 strategies (*recognizing needs of others, remaining calm, identifying strengths/weaknesses, act positively on thoughts and feelings*) you will commit to in order to become more self-aware and explain how this will be beneficial to you.