

How to Develop and Increase SELF-AWARENESS

1

LOOK AT YOURSELF OBJECTIVELY.

Try to identify your current understanding by writing out your perceptions.



KEEP A JOURNAL.

2

This will help you get a better idea of who you are and what you want out of life right now.

3

WRITE DOWN YOUR GOALS, PLANS, AND PRIORITIES.

Plan out your goals in a worksheet so they turn from ideas into a step-by-step process.



PERFORM DAILY SELF-REFLECTION.

4

Start by setting aside just 15 minutes each day. Find a quiet place to think.

5

PRACTICE MEDITATION AND OTHER MINDFULNESS HABITS.

Meditation is the practice of improving your mindful awareness.



TAKE PERSONALITY AND PSYCHOMETRIC TESTS.

6

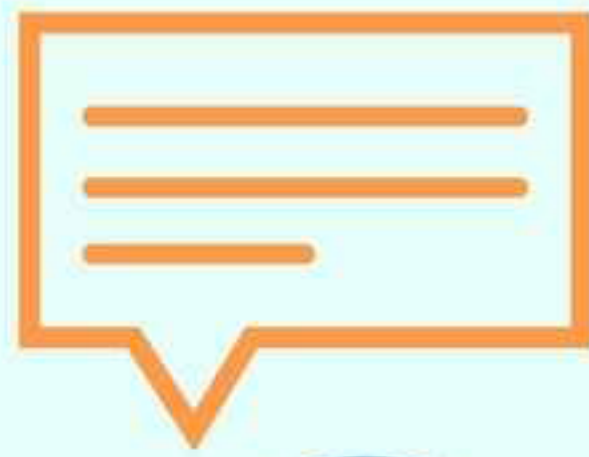
These tests compel respondents to think about a set of traits or characteristics that closely describe them relative to other people.



7

ASK TRUSTED FRIENDS TO DESCRIBE YOU.

Make sure your friends know that they are doing this to help you, not to hurt you.



ASK FOR FEEDBACK AT WORK.

8

Provided it is constructive and well done, having an option for formalized feedback allows us to self-reflect on our own strengths and weaknesses.



Want to learn more about
The Self-Awareness Habit?

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