



Self-Awareness Understanding your personality

What is Self-Awareness? Why is it important?

Self-awareness is central to who you are and involves an awareness of one's own personality traits, behaviour, and feelings. It is important to know that people are not born completely self-aware. It is developmental and learned. It plays a critical role in how we understand ourselves and how we relate to others and the world.

There are two different types of self-awareness:

Public self-awareness: An awareness of how we appear to others.

Private self-awareness: An awareness of ourselves. Privately recognizing feelings, reactions, and appearances.

Importance of self-awareness:

There are many benefits to developing self-awareness:

- When we are more aware of our feelings and beliefs, we are more likely to stick to our personal values
- Allows us to see things from the perspective of others
- Develops self-control and positive self-esteem
- Encourages proactive solutions to perceived challenges
- Leads to better decision making

Enhances self-confidence

It is a practice that can be used anywhere, anytime, to ground yourself and enhance life experiences.

CHARACTERISTICS OF INTROVERTS & EXTROVERTS

INTROVERTS	EXTROVERTS
Recharge by spending time alone.	Recharge by socializing.
Reflect before making decisions	Make decisions quickly
Listen more.	Speak more.
Enjoy one on one conversations.	
	Outgoing.
Introspective.	Easily distracted.
Self-aware.	Action-oriented.
Think before acting.	
	Gregarious & expressive.
Learn through observation.	Excellent communicators.
More sociable with people they know.	Enjoys being the center of attention.

THE POSITIVE PSYCHOLOGY PROGRAM

But the personality that finally emerges is largely formed by the environment in which a man happens to find himself during his development, by the structure of the society in which he grows up, by the tradition of that society, and by its appraisal of particular types of behaviour."

- Albert Einstein



Video Links

[How to Know Yourself](#)

[10 Signs You Lack Self-Awareness](#)

[Self-Awareness for Kids](#)

[How Youth Thrive](#)

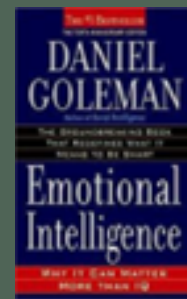
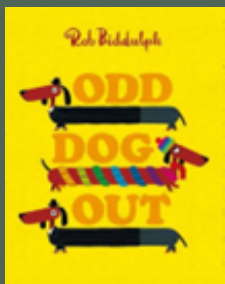
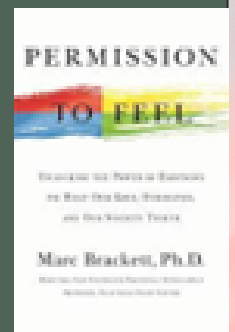
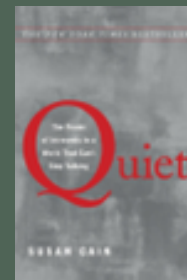
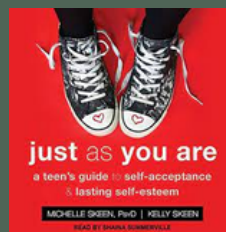


Children

Literature

Adult

Adolescence



"Self-awareness is our capacity to stand apart from ourselves and examine our thinking, our motives, our history, our scripts, our actions and our habits and tendencies."

- Stephen T. Covey

6 WAYS TO IMPROVE SELF-AWARENESS

by @inner_drive | www.innerdrive.co.uk



ASK FOR FEEDBACK

Then you can identify and modify any incorrect views that you have established about yourself.



RECOGNISE YOUR STRENGTHS & WEAKNESSES

This allows you to sustain your strengths and work on your weaknesses.



SELF-REFLECT

This unlocks thoughts and emotions that might otherwise be disregarded.



MONITOR YOUR SELF-TALK

Make sure that your self-talk is positive and that you celebrate your wins and don't dwell on your failures.



PRACTICE SAYING "NO"

Set yourself a goal for the number of temptations you will resist each day. Saying "no" may not give you immediate gratification but instead long-term gain.



QUESTION YOUR DECISIONS

Ensure that any decisions you make are good ones by coming up with three reasons as to why you should pursue them. This will allow you to better understand your motives and be confident that you have chosen the best available option.

Resources

verywellmind

healthline

PositivePsychology.com

Understood



Services, Programs and Resources

What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type. For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

1. Do you naturally or usually focus on:
 - what is essential or
 - what is fun, interesting,
 - what is new or original,
 - what is colorful and
 - what is colorful and
 - what is colorful and
 - what is colorful and

ISTJ
 Introverted, Sensing, Thinking, Judging

ISFJ
 Introverted, Sensing, Feeling, Judging

INFJ
 Introverted, Intuitive, Feeling, Judging

INTJ
 Introverted, Intuitive, Thinking, Judging

3. How do you prefer to make decisions? If you:
 - make decisions on
 - prefer to have a
 - like to have a
 - like to have a
 - like to have a

T
 Thinking

F
 Feeling

2. How do you prefer to take in information? If you:
 - prefer to take in
 - prefer to take in
 - prefer to take in
 - prefer to take in

ESTP
 Extroverted, Sensing, Thinking, Perceiving

ESFP
 Extroverted, Sensing, Feeling, Perceiving

ENFP
 Extroverted, Intuitive, Feeling, Perceiving

ENTP
 Extroverted, Intuitive, Thinking, Perceiving

4. How do you prefer to live your outer life? If you:
 - prefer to have a
 - prefer to have a
 - prefer to have a
 - prefer to have a

J
 Judging

P
 Perceiving

"Knowing yourself is the beginning of all wisdom."

- Aristotle