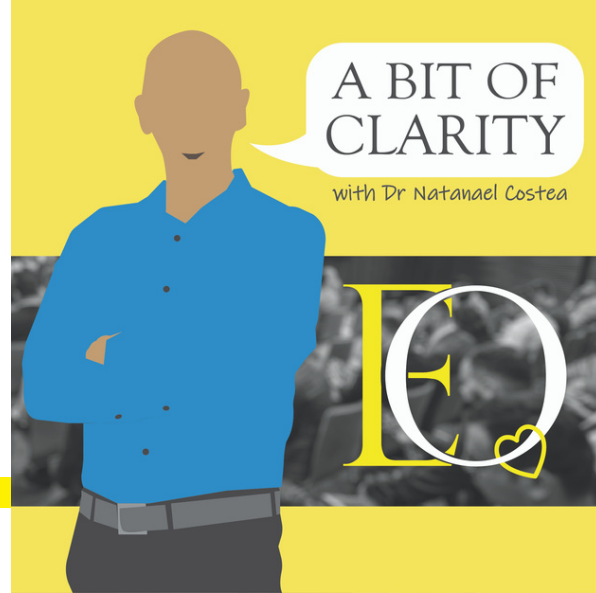


# EP 013

## SELF-AWARENESS



### SHOW NOTES

#### OBJECTIVE

> Develop an understanding of self-awareness.

#### UNDERSTANDING SELF-AWARENESS

> Self-awareness is the ability to **see yourself clearly and objectively** through reflection and introspection. You are not your thoughts but you are the thinker of your thoughts. We can live life not paying attention to our inner self, allowing our thinking and feeling and acting to go in free will, or we can focus on ourselves through self-evaluation and see how our thinking, emotions and actions rate against our values and standards of correctness.

#### BENEFITS OF SELF-AWARENESS

1. Makes us more productive, boosts our acceptance and encourages positive self-development
2. Allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem.
3. Leads to better decision-making.
4. Makes us better at relationships, enhancing self-confidence and holistic well being.

#### BECOMING MORE SELF-AWARE

1. Create space in your daily routine for self-reflection.
2. Practice mindfulness.
3. Journal your awareness.
4. Practice listening.
5. Gain a different perspective.

#### APPLICATION

> Make a daily booking in your diary to spend on practicing mindfulness and journaling. Reflect both on your inner self and also on the people in your circle.

#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
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