# Developing Self- Awareness

Self-awareness is being aware of various aspects of self, including one's own thoughts, feelings, behavior and habits. It can be as simple as noticing the emotions one feels when they are in the company of certain people or the thoughts that run through the head when one feels anger in any instance.

## Importance

**Self awareness:**

**1** Enhances the ability to make the right choices by understanding one's own self better in terms of thoughts, feelings and emotions.

**2** Improves mental health by helping recognize negative feelings and the thoughts that cause them, so that one can alter how they feel.

**3** Enhances social relationships through mindful interactions and appreciation of diversity which leads to healthy relationships.

**4** Helps in building confidence and one's ability to communicate effectively.

## Some Ways To Develop Self-Awareness

Identifying thoughts and feelings by asking basic questions to ourselves such as "What am I feeling in my body right now?" or "What are the thoughts running through my mind?"

Reflecting on one's strengths and development areas, asking questions "What are my unique skills?" or "What do I need to improve to achieve my goal?"

Maintaining a journal for thoughts and feelings.

Practicing meditation for awareness of one's thoughts and feelings.

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