

# Self-Awareness Exercises & Activities

**Self-awareness is often defined as the ability to engage in some kind of reflective awareness.** As you develop an awareness of the self, you begin to connect with your own unique identity. As you focus on yourself and start evaluating your current behavior, in comparison to your internal standards and values, you become more conscious of your own self, and you become an objective evaluator of yourself. Self-awareness activities and exercises are tools that can help you to not only reach your goals but also to discover who you are at core level and what you want out of life. Self-awareness and self-improvement go hand in hand.

## Common Self-Awareness Techniques

- Mindfulness meditation ~ see next page
- Grounding techniques, and reconnecting with the Earth ~ see next page
- Yoga, Tai Chi, or Qigong
- Strength assessments, such as the *Values in Action Strength Test*, from the University of Pennsylvania  
~ For this test and others: <https://positivepsychology.com/strength-finding-tests/>
- Journaling
- Having a personal vision
- Observing others

## Self-awareness questions on values and life goals

1. What does your ideal “you” look like?
2. What kinds of dreams and goals do you have?
3. Why are these dreams or goals important?
4. What is keeping you from these dreams or goals?
5. Rank 5-10 of the most important things in your life in your career, family, relationships and love, money, etc.
6. Now think about the proportion of time you dedicate to each of these things.
7. What would you recommend to your children to do or not to do?

## Self-awareness questions on personality

8. Describe yourself in three words.
9. Ask yourself if your personality has changed since childhood.
10. Is your personality like either of your parents?
11. What qualities do you most admire in yourself?
12. What is your biggest weakness?
13. What is your biggest strength?
14. What things scare you?
15. Do you make decisions logically or intuitively?
16. How would you complete the question: “What if?”

## Self-awareness questions on relationships

17. Describe your ideal intimate relationship.
18. How satisfied are you in your current relationship?
19. Who would you call if you only had a few minutes to live? What would you say?
20. Who have you loved the most?
21. Of all the relationships you have had, describe the best moment.
22. Describe a devastating moment in terms of relationships.
23. Ask yourself if you treat yourself better than others?

These questions are designed to make you think.  
Answering these questions is a powerful method of self-discovery.



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## Self-Awareness Activities:

### Mindfulness Meditation

Mindfulness is a compelling way to enhance self-awareness. Derived from Mindfulness-Based Stress Reduction, created by Jon Kabat-Zinn, mindfulness is an awareness that arises through paying attention to the present moment, in a non-judgmental manner. In mindfulness meditation, you learn to focus on the present moment in the same way. **Learning how to do mindfulness meditation is relatively simple.**

**Here is an excellent technique to get started:**

1. Find a place where you won't be disturbed. You may sit in a chair or on the floor. Be sure to keep your back and neck straight.
2. As you begin, try and stay focused on the present moment. Don't think about the past or the future.
3. Develop an awareness of the breath and focus on the feeling of air moving in and out of your body as you breathe in and out. Notice your belly rising and falling, as the air enters your nostrils and leaves your mouth. Notice how each breath is a little different.
4. Notice every thought that comes and goes. You can even name your thoughts. If you are worried, acknowledge that and let it go. Don't ignore your thoughts, but make a note of them, using your breath as an anchor.
5. If you have trouble staying focused on the present moment, bring your focus back to your breathing and don't be too hard on yourself.
6. Strive for a minute or so initially and work your way up to longer periods.

### Employee Activities for the Workplace

Daniel Goleman, a psychologist specializing in self-awareness and emotional intelligence, suggests that people with a solid sense of self-awareness generally have more self-confidence, and they have a more realistic assessment of themselves. Some activities that can help improve self-awareness include examining how you feel throughout the day, considering how your negative emotions impact others, thinking about ways you can better manage your emotions as well as taking an honest look at your strengths and weaknesses.

- According to Goleman, it's essential to recognize that emotions can be fleeting, and they shouldn't be the foundation of decision-making or communication.
- As you consider how your negative emotions impact others, like your boss or your co-workers, you also begin to realize how emotions like anger, jealousy, or frustration have a negative impact. Building self-awareness can help you acknowledge the fallout and the repercussions of such behavior.
- Learning to manage your emotions better can also make a big difference. Doing so can help you avoid knee-jerk reactions or saying things you don't mean.
- All of this requires taking an honest look at your strengths and weaknesses. You can do this by looking at past performance reviews or asking for feedback from someone you trust like your peers or from your boss. When you do this, you can actively work on improving those weak areas.

From: <https://positivepsychology.com/self-awareness-exercises-activities-test/>

For more information on personal reflection, self-awareness, and other topics, contact your EAP in the family of AllOne Health Employee Assistance Programs.

Also explore [www.mylifeexpert.com](http://www.mylifeexpert.com) for resources. Ask your HR Rep for your passcode.

