

Am I self-aware?

To learn self-awareness, you must first open your eyes and look deep into the mirror. Knowing your weaknesses and strengths is critical. Self-awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.

Take a moment and read the following phrases and mark where you fall on the scale as it relates to your current state of self-awareness.

1. Do you notice your feelings (happy, sad, anger, fear, etc.) when under stress?



Tip: Keep track of your emotions and feelings that are triggered by situations or specific people. Using a journal can help keep yourself accountable and committed to growing your sense of awareness. As well, it will easily help you identify recurring stressors.

2. Are you aware of the impact of your emotions on others?



Tip: Stop and take the time to reflect on your actions with others. Block 15- 30 minutes for reflection each day. Disconnect from technology or turn off the radio for your commute home and drive in silence. Think about things like: who you are as a team member, how others perceive you, your values, the impact of your actions on others, etc.

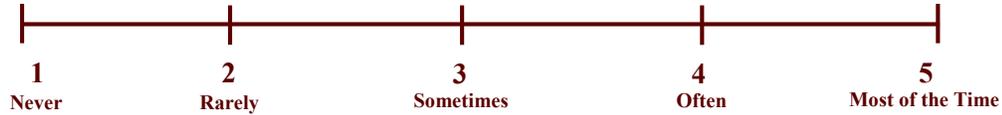
3. Do you solicit feedback from trusted friends or colleagues regarding your behavior or actions?



Tip: A great way to gain self-awareness is learning through someone else's eyes. While it takes courage to ask a friend, he/she may offer insight that you might not have otherwise figured out. This feedback allows you to take off your blinders, face reality, and grow as a person and leader. Your commitment might even inspire someone else to reflect on their own actions.

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4. Have you completed formal self-assessment tests such as: personality tests, discovering your values, your skills, your abilities, etc.?



Tip: Formal self-assessments are a great way for you to better understand why you might have hit certain roadblocks in your career. They can also provide information on how you take in information, how you prefer to make decisions, what motivates you, etc. Examples of these types of tests include: Myers-Briggs Type Indicator, FIRO-B, DISC Profile, Influence Style Indicator and the CLI 360.

5. How often do you schedule yourself for down time, or block your calendar out from others?



Tip: We all have limits and can only do so much in a day. Do you know what your breaking point is? What are you doing to ensure that there is some “me” time, on the calendar, not just “them” time?

6. How easy would it be for you to list your top 3 workplace strengths? What about the top 3 development opportunities?



Tip: We always accomplish more when we can leverage the things we do well. Always have a few items at the top of your mental “toolbox” that you can quickly rely on when needed. Conversely, how can we expect to improve if we are not readily aware of a few items we need to be working on? Rather than turning away from areas that need improvement, we should look for opportunities to practice these skills.

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Scoring:

Add up the total points for the 6 questions.

5 to 15: Don't be afraid to take that first peek inside. You are missing out on growth opportunities and the chance to understand yourself better. Give us a call at Leadership Foundry – we can help chart a starting course.

16 to 24: Good progress! Keep up the efforts and soon you will be on your way to maximum self-awareness. Need a detailed plan? Leadership Foundry can help.

25 or more: Impressive effort. Bet it feels nice to know so much about what makes you tick. Every day is a new horizon for you and you are ready to break new ground. Looks like someone paid attention in their Leadership Foundry course!

How can we prepare your organization for the future?

Leadership Foundry understands the business challenges of today. We develop and deliver customized training solutions that enable your organization to achieve its unique business objectives.

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