INCREASING SELF-AWARENESS | TIPSHEET

Some people are more naturally self-aware than others. However, anyone can improve this skill with a concentrated and ongoing practice of self-reflection and self-inquiry. The activities and mindsets listed below represent just a few methods for cultivating more self-awareness.

Perform frequent self-check-ins

Regularly check in with yourself to assess how you're feeling, identify what thoughts are contributing to your state of mind (both good and bad), and reflect on the behaviors or choices that led you to where you are now.

Take a test

Use any of the numerous online strengths and personality assessments—such as Strengthsfinder or the Meyers-Briggs inventory—to gain a better understanding of your general tendencies and patterns.

Get honest feedback from others

Assume that you have blind spots when it comes to yourself: Could you be a better listener? Do you sometimes come across as defensive? Ask people you trust to help you uncover aspects of your behavior you might not be aware of.

Check your biases

In any situation, take a moment to take stock of the assumptions and beliefs you are coming into it with. Do they serve you in this situation? Do you need to rethink them?

Adopt a growth mindset

Recognize that even the most successful people aren't perfect, but they are willing to make mistakes and grow. A growth mindset allows us to embrace learning—even the uncomfortable stuff about ourselves—in order to improve.

Lighten up

When we take ourselves too seriously it's hard to see our situations clearly. Practice looking for the humor in your situation (and yourself) and adopting a lighter point of view when you feel the weight of seriousness setting in.