

WEEK 1

Ignite Your Insight: The Power of Self-Awareness

Evident in every successful person is a quality that arguably trumps all others—self-awareness. The good news is, each of us can harness and develop that quality. Increasing our awareness—both internal and external—provides a clearer perception of ourselves including: strengths, weaknesses, thoughts, beliefs, motivation and emotions as well as a better understanding of what drives our decision-making. This understanding allows us the opportunity to make changes and build on our areas of strength as well as identify areas where we would like to make improvements, which in turn, increases our effectiveness.

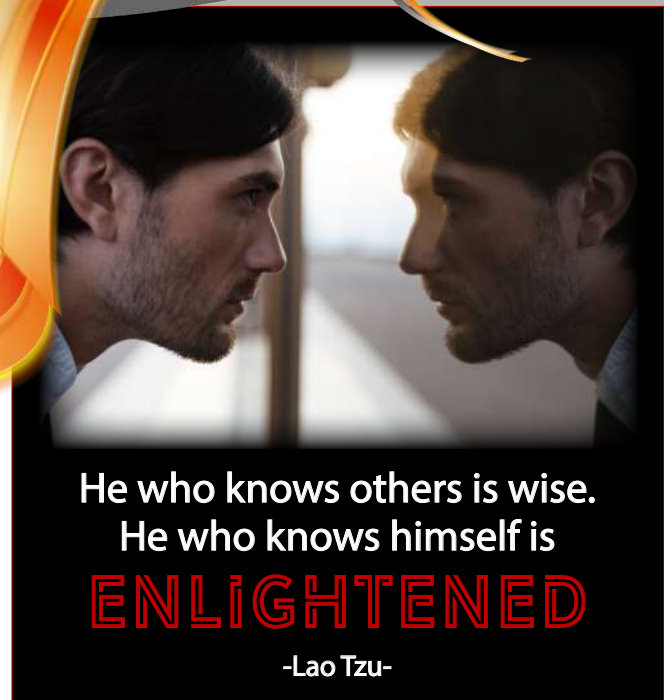
Although most people believe they are self-aware, research has found that self-awareness truly is a rare quality. A series of studies revealed that 95% of people claim they are self-aware, but only 10% - 15% truly are.¹ Take a moment to pause and reflect on areas in your life that you'd like to make changes to, yet try as you might, you just aren't seeing results. If you're being 100% honest with yourself, are there "blind spots" that you tend to ignore, causing you to fall back on bad habits and repeat the same mistakes you did yesterday?

Author Maya Angelo once said, "When you know better, you do better." The problem is, for a lot of us, our habits routines, impulses and reactions are on autopilot. If we are able to see ourselves clearly—if we are able to know better—then we can do better at accomplishing our goals.



IGNITE

Are there areas in your life that need to be taken off of auto-pilot and examined a little more closely? Is it weight loss, nutrition, or exercise related? Perhaps communication, listening or being present is a challenge? First, list strengths that you would like to build upon as well as some areas that need improvement. Focus on 2-3 items from your list and try the three exercises below.



He who knows others is wise.
He who knows himself is
ENLIGHTENED

-Lao Tzu-

5-Minute Daily Check-Ins

Take a few moments to reflect on how the day went. Use short, direct responses on what went well during the day and what didn't. Focus on the "what" rather than "why".

Pay Attention to Self-Talk

Behavior choices often stem from our internal voice. Do you spend more time building yourself up or tearing yourself down? It's important to be aware of your internal voice and the huge influence it has over your decisions and actions. Throughout the day, when utilizing your strengths and encountering your weaknesses, pay attention to what your internal voice is saying and make sure that tone remains a positive one.

Zoom In, Zoom Out

This exercise is great for perspective. Zoom in and take a look at your thoughts and actions. Are you tired, stressed or worried? How are these feelings impacting your decisions today?

Next, zoom out and take a look at the situation from the perspective of others. What kind of day might they be having? What thoughts and feelings are they possibly having that drive their behavior?