

VALUES & CHARACTER DEVELOPMENT

010 SELF-AWARENESS

Learner Materials

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2020





Values & Character Development

010 Self-Awareness

MODULE LEARNING OUTCOMES:

1. Describe Self-Awareness
2. Identify behaviors associated with Self-Awareness
3. Relate destructive behaviors affects to solutions applied with Self-Awareness

SELF-AWARENESS

We all have bad days; those when it appears that everything is going wrong or somehow out of sorts. Some of us may not understand that these bad days can affect our behavior and therefore our success in life and in the workplace. For some, the most vital skill we may have to navigate future challenges is Self-Awareness. Having self-awareness of our emotional state is the first step in developing a high degree of emotional intelligence and a resulting fulfilling life.

Self-Awareness can be defined as one's ability to understand and read their own strengths, weaknesses and relate this to their general sense of self-worth. Perhaps it is a recognizable fact that not everyone can do everything for themselves; people must rely on others to accomplish things in life. Understanding this fact leads knowing where one's individual strengths and weaknesses lay, helps one to determine what their needs are and what needs they could fulfill for others.



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Estimated Completion Time: 1.5 Hour

Read: What is self-awareness? And how can you cultivate it?

<https://www.nbcnews.com/better/lifestyle/what-self-awareness-how-can-you-cultivate-it-ncna1067721>

Read: 15 Simple Exercises to Increase Your Self-Awareness

<https://liberationist.org/15-simple-exercises-to-increase-your-self-awareness/>

Watch: Increase your self-awareness with one simple fix. Tasha Eurich TEDxMileHigh

<https://youtu.be/tGdsOXZpyWE>

Watch: A Lack of Self-Awareness

<https://youtu.be/cPgWtDWICjU>



End of Module Questions:

1. Regarding the **A lack of self awareness** video, what specifically was the source of the conflict?

2. In reference to the **A lack of self awareness** video above, which of the four areas of Emotional Intelligence was affected and how was that behavior displayed?

3. Referencing the video, **A lack of self awareness** above, and in terms of arriving at positive outcomes for this meeting, explain in detail what would be your solutions?



4. In what specific ways will the ideas covered in this Self-Awareness module help you in your interpersonal relationships?

5. In reference to Question 4 above, what specific measurements of activity would you use to determine successful outcomes from your actions?



NAME: _____

DATE: _____

FACILITATOR / MENTOR: _____

DATE: _____

Check for and Apply Understanding:

1. Name four things you could do to cultivate your sense of self-awareness.

- a. _____

- b. _____

- c. _____

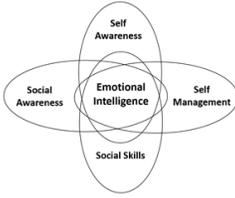
- d. _____

2. In reference to Question 1 above, select two things you will do to cultivate your own self-awareness and write exactly how you will achieve it.

- 1. _____

 - a. _____

- 2. _____



a. _____

3. In reference to Question 2 above and with the two things you will do to cultivate your own self-awareness, write exactly how you will intend to measure your success in achieving it.

1. _____

a. _____

2. _____

a. _____

