

# SELF AWARENESS

VALUED- IMPORTANT- PRECIOUS



The greatest challenge leaders face is leading themselves. How are you leading yourself? How do you experience you? Unlock your leadership with self awareness. Discover the precious gift of you by becoming more self-aware and improve your leadership with your team. Start by answering some questions to help you better understand yourself:

- **What are your strengths?**
  - **What gifts and talents do you possess that gets noticed by others?**
    - **What do you get complimented on?**
    - **What sets you apart and makes you uniquely you?**
      - **What areas are you weak in?**
  - **Are you honest about these weaknesses and open to challenge them?**
  - **Do you understand how your strengths and weaknesses impact you?**
    - **What situations stretch you out of your comfort zone?**
      - **What feelings do you naturally default to?**
- **Reflect on recent reactions to circumstances. How do you respond to adversity? Opposition? Failure? Success?**
- **What are your most dearly held values? Which will you not compromise on?**
  - **How do people respond to your interactions?**
  - **Do you pay attention to how you feel? Are you aware of your emotions?**
- **Do you pay attention to your thoughts and put boundaries on thoughts that are not serving you?**

**Remove the limitations of your leadership . Become a self-aware leader.**

