

DEVELOPING SELF-AWARENESS

Self-awareness is the most important aspect of personal development. It determines nearly everything else, including whether you're able to stay motivated and achieve your goals. As you peel away the layers, you'll discover wonderful things about yourself when you simply become more aware.

With self-awareness, you can change deeply held beliefs if they don't serve you well. The journey of self-discovery is never-ending and filled with surprises and adventures in your inner landscape.

When you become self-aware, you know your strengths, weaknesses, and personality type. But it's more than this. Fully knowing yourself includes being aware of your thoughts and watching them objectively as an observer, without emotion or attachment.

For example, you might tell yourself, "Now I'm experiencing anger." You can then go on to ask yourself why you're getting angry and where that anger is coming from.

"When I discover who I am, I'll be free."

- Ralph Ellison

DISCOVER YOUR TRUE SELF

We encourage you to go deeper into yourself and peel away the layers until you can see who you truly are. This is the sort of analysis and probing that will help you answer the question that great minds have asked across the centuries: “Who am I?”

You may be an artist, (we have one in our family) but that’s only the face you show to the world. Identification as an artist can create limitations, too. By defining who you are, you may categorize yourself and put yourself in a “box.”

For example, a commonly held belief about artists is that they can’t or don’t make much money. Do you want to define yourself that narrowly?

As you explore yourself, you’ll discover that you’re capable of transforming yourself and creating your own world.

You’ll be able to see yourself as you really are. You can either try to escape from this knowledge, or welcome it with open arms as an opportunity for self development.

If you welcome it, you could change the traits you dislike and build on those traits you do like. Frequently, we have behaviors left over from childhood that served us well then, but don’t work well for us as adults.

“A human being has so many skins inside, covering the depths of the heart. We know so many things, but we don’t know ourselves! Why, thirty or forty skins or hides skins as thick and hard as an ox’s or bear’s, cover the soul. Go into your own ground and learn to know yourself there.”

– Meister Eckhart

TURN THE SPOTLIGHT WITHIN

The only person you can change is yourself. When you choose to transform yourself, you'll notice changes in your environment, including in the people who surround you. The world is your mirror and both the negative and the positive situations you encounter are created by you.

When you find yourself getting irritated by someone, examine yourself to see whether you harbor the same negative trait that they're manifesting. This requires delving deep. Usually, you'll find the answer is yes. You likely possess the same trait in some form or another.

For example, have you ever found yourself interacting with a relative or colleague who is not as social or engaging as you are? It's easy to label them as anti-social, aloof or negative. But how often do you check yourself? Are you always uplifting and positive? The likely answer would be no.

Instead, turn the spotlight within. Why am I being critical of others when there's plenty to keep me busy with my own internal journey?

Self-awareness allow you the ability to understand that everything has a purpose and that the people and situations we face are meant to teach us something we've been previously unable or unwilling to learn.

"Everything that irritates us about others can lead us to an understanding of ourselves."

- Carl Gustav Jung