

Self-Awareness

Self-awareness is about understanding our behaviour and how this affects others. We are all different and the things that are important to some people are less important to others.

Understanding our own preferences can help us understand why some things annoy us. We can then choose how to respond when these things happen. Put an x in each row below to show which of the two traits is more important to you:



Being organised		Being spontaneous
Starting something new		Finishing something off
Competing		Cooperating

Your friends may have put their crosses in different places. This shows that we all have different preferences and strengths. It's likely that your strengths lie in the areas that your crosses sit nearest to. You may need to work on those areas that are a long way from the cross.

Here are some questions which can help you learn more about yourself:

- Do you have any traits or behaviours that other people often comment positively on – e.g. punctuality, politeness? These are likely to be strengths. Write yours below.
- Do you have any behaviours that you would like to change? For example, do you struggle to complete one task before moving to the next, or do you find yourself interrupting others regularly? These are likely to be areas for development. Write yours below.

We can find it difficult when other people's behaviour does not match our preferences. Other people can also find our behaviour frustrating. Use the table below to assess how well you understand yourself and others:

	I consistently do this	I sometimes do this	I don't often do this
I understand my strengths and the areas where I can improve			
I understand when others are behaving in ways that irritate me and can help myself cope with this			
I take responsibility for how my behaviour impacts on others			

Write down one practical action you can take to either improve your self-awareness or manage your impact on others. For example, if punctuality is an issue you could leave more time for a journey or pack your bag in advance. If you are irritated by people who dominate conversations, think about how you can manage your response.