



To receive a Free Subscription:

Email: elizabeth@awakenfromwandering.com

Awaken From Wandering, LLC

Spiritual Awakening - Whole Life Coaching

Telephone: 603-759-1152

December 2009



Creating Self Awareness

I was recently in a group that was discussing the topic of self management. The members of the group found that the term self management carried with it negative impressions. We decided to reframe this in a positive way and shifted it to talk about self awareness. The conversation took a deeper turn as this topic opened us to possibilities. So what is self awareness and how do you get it?

It is more than just realizing that you are someone and that you can see your own reflection in the mirror. It is finding out who you are in relation to those around you and the planet. A good way to find out how you relate to those around you is to ask people who are close to you. Ask for constructive feedback about how what you say and do is coming across to them. Are you a sad person or a happy person? Do you talk about things negatively or positively? Are you a person who listens to others or do you seem distracted?

Some of what they say might be hard to hear, however this is not about finding the right or wrong answers or making you good or bad. You need to be open to what they say. Then ask yourself: Was that my intention? Do I choose my words so that I convey what I really am feeling or do my words convey something else? What about my body language? Does it reveal one thing while my words say something else? If you are not

conveying the message that you want to convey how can you change it and what could you do differently? This is a first step toward self awareness.

It may be hard to realize that people do not understand your message correctly. It may seem easier just to believe that there is something wrong with them as they do not understand you. The truth is that communication is difficult. It takes practice to be a good listener and it takes practice to be a good communicator. However the only person that you can change is yourself. Learning about yourself and developing a real understanding about who you are will help you in all areas of your life. And remember that you are always changing and growing so self awareness is a life long project.



TAKE ACTION

Take time over the holidays to become more self aware. If a stressful situation comes up, step back, discover what you are feeling, and then ask yourself why this situation is making you feel this way? It is okay if you do not get an answer. Honor what you are feeling and take a break for a moment to spend quiet time with yourself. Learn to become your own best friend.

Visit My BLOG for daily postings

www.journey-coach.blogspot.com/