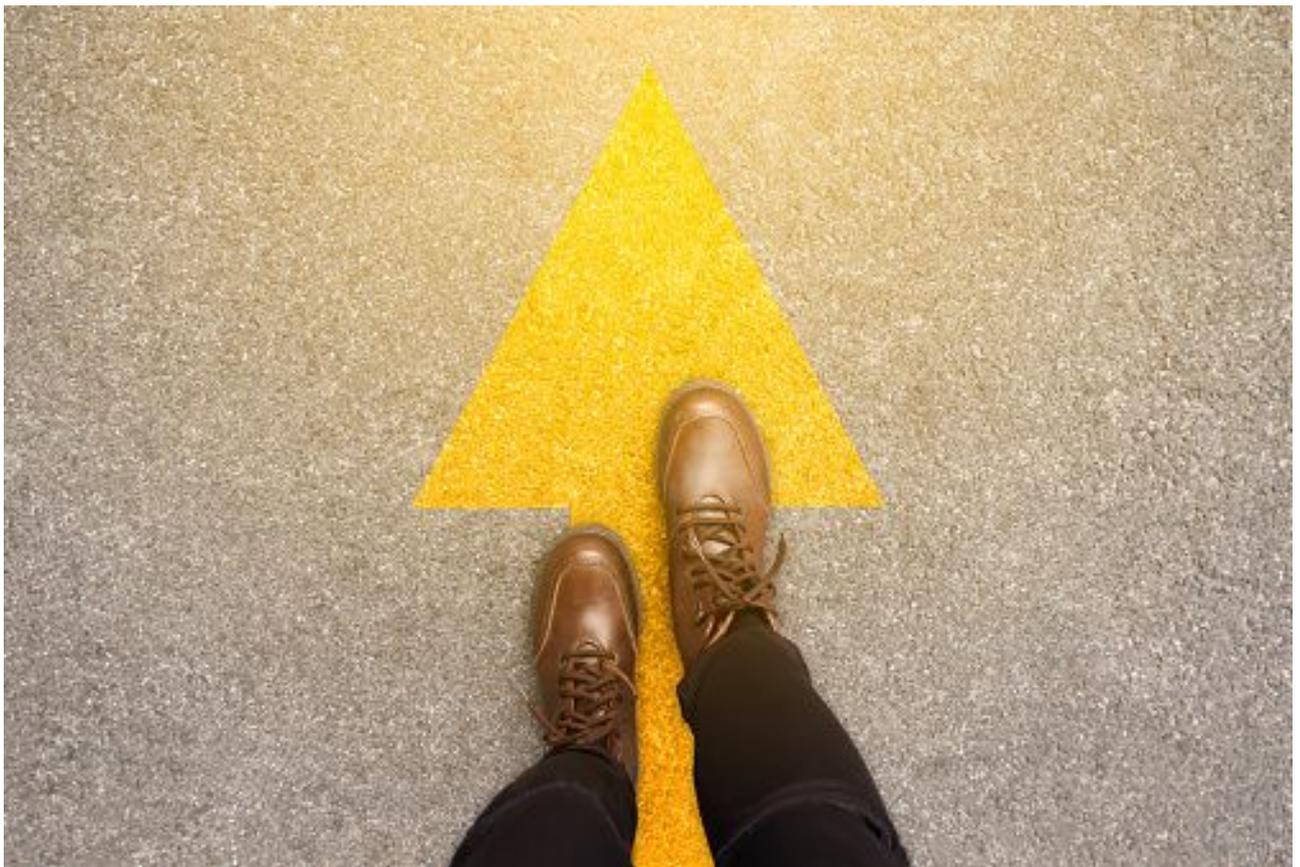


CREATING SELF-AWARENESS AND BELIEF IN YOURSELF

“Choose to be distracted instead of letting the distractions choose you.”

[MODULE 3]

SELF-AWARENESS



Do you sometimes feel that you want to cry but you do not know why? Do you feel sad and blue but you are unable to trace the original reason for your mood?

The depressiveness is because our sleepy **spirits are trying to break-through**. They want to get noticed and boost us with energy so that we can step out of our unproductive comfort zone.

Most of us wake up unmotivated with a lack of energy in the morning to fulfill our goals. The melancholy is a call for us to wake up and fulfill our buried dreams and goals.

Most of us are stuck in unhealthy situations just because we do not find the courage to break out of our current situation. Like we stay in toxic relationships, or hectic jobs with low pay, or a place where living is unsafe. This is the next step that Farheen tried to deal with her situation.

We live in **'autopilot mode'** and keep **repeating our mistakes in routined patterns.**

Sometimes being on autopilot mode is not bad, it's just the fact that we forget our system on autopilot if we stay in the same manner for too long. We stay unaware of our emotions, actions, and behavior. We remain enslaved to our emotions and let them define us and our decisions. We do not confront our problems and find the courage to take control of our plane.



This is just not my story or yours, most of us are living our lives in the same manner. But living an unproductive life or not taking charge causes damage. It **leads to feelings of hopelessness, anxiety, stress, low self-esteem, and negative thoughts.** Sometimes it leads to serious mental and physical illnesses.

Well, the first step **to take control is to break free from the prison of emotions and to set principles.** To live life by a set of principles is the only way to be truly free. To set your principles, you need to know who you are, that is, you need to be self-aware.

Believe it or not, **it is good to have a life full of challenges.** The more challenges you face in life, the more you grow. Experiences fill you up with wisdom and let you take more care and better steps in the future.

What does being self-aware mean?

Let's take examples first.

One of my friends is always worried about what people might have to say about him. He is more focused on pleasing people instead of looking into matters that hold value. Also, he makes choices based on others' opinions instead of what could be the best. He is deeply affected by negative comments and judgments.



Well, he is aware but it is external and superficial. He fails to realize

that he cannot be the favorite character in everyone's story. Also, external appearance just holds face value. That is not the awareness we are talking about here.

There is another friend of mine who is clear on who he is. He knows what he wants in life, and does not get affected by others' opinions about him. However, he values opinions, analyzes them, and makes the best decisions. These facts about him say that he is quite self-aware.

Basically, **Self-awareness means being conscious.** It means you are aware of your behavior, emotions, actions, and lifestyle. You are conscious of your body and your surroundings.

The self-awareness theory means that **'you are NOT your thoughts, you are a thinker.'** Your thoughts and the essence that processes your thoughts are two separate things and you are the later one.

Why is self-awareness important?

Self-awareness helps us **understand ourselves clearer and better.** When we know who we are, we are more confident, more productive, and more creative. We undertake sound judgments and we become effective communicators. We tend to be honest and faithful to ourselves. Hence, it is less likely that we lie, avoid problems, cheat, or commit thefts when we are self-aware.

Self-awareness is a **critical tool for managing yourself and your emotions.** It also is important for building healthy relationships with your friends and family and having a high level of job satisfaction. The level of **your self-awareness also links with positivity and happiness.**

With this instrument at our disposal, we become effective workers who get more promotions. We become better leaders who lead with more satisfied people and build better families and societies as better people.

The levels of self-awareness

There is no principle of self-awareness being in levels. I have just divided them into three for you to understand and relate clearly.

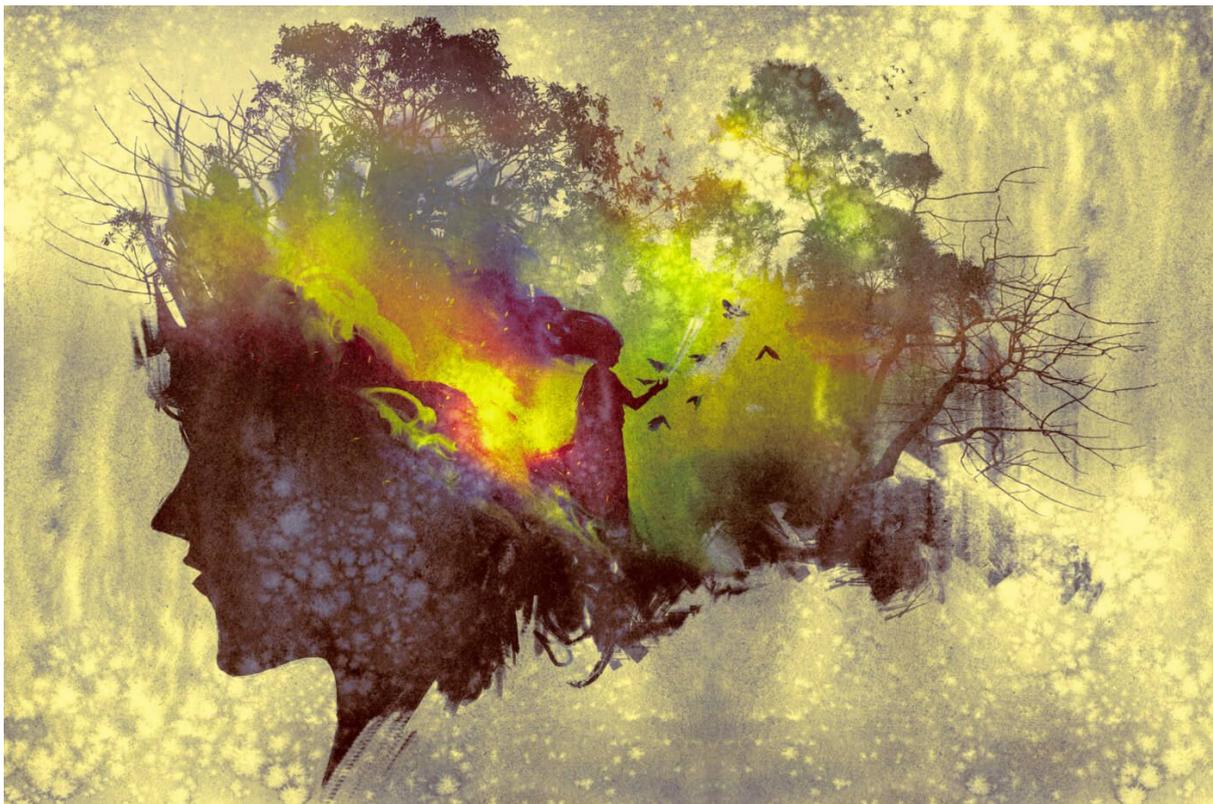


Step 1- Understand what you are doing

The level of gaining self-awareness is understanding where your mind goes when it goes and how often it goes to a certain place.

Everyone has problems, like strained relationships, feelings of loneliness, financial issues, unproductivity, uncertainty, being ill, or hurt. To avoid the pain of the problems we face, we develop distractions. Our minds like going to a safe and isolated place to stay away from problems we face every day.

We all need to feel happy and relaxed. So, there is no problem with being distracted, it's just that we need to **be aware of our distractions**. We need to be sure that **we are choosing to be distracted** and **not distractions choosing us**. No matter how much we like it, we simply cannot live on distractions.



This morning I pulled out my phone to check my calendar to keep a check on my pending work and upcoming meetings. Even before I realized it, I was swiping stories on Instagram, laughing, and saving posts. I didn't even realize how long I was lost until my mother started yelling at me to get out of bed.

Every morning I check my phone like my father reads the newspaper with his tea. The difference is, I end up more than an hour in bed and he just takes 30 minutes. Besides, it's not just the morning. It is like every time I open my phone, I blackout and I realize that it's Reddit, Pinterest, or Instagram. Well, it has got better, reduced to 14-15 times a day.

We think we know how we spend our time and we think we are present at the moment. We think we spend more time with friends and loved ones than we do. We think we work more

than we do and listen more than we do. We are not as thoughtful and intelligent as we think. **We need a lot more improvement than we think we need.**

Well, we do not have to be all strict and shrug off all distractions. The goal is not to defeat distraction, **it is to defeat compulsion.** It is to be just aware of your distractions.

Step 2- Understand your emotions

This is where you start understanding who you really are and discovering how you feel.

Honestly, this level is not a comfortable place to go. After having control of your distractions, your emotions come directly charging at you. **The bottled emotions break free at once and you might feel overwhelmed by them.**



Sometimes, emotions can be a trap because they are an endless spiral of a whirlpool and they don't always mean anything. Emotions can be self-induced and arbitrary. But **few people assume that every emotion that arises is profound and vital. Truth is, a lot of emotions are simply distractions.**

Analyzing your emotions can make you stuck in another trap because analyzing them will give birth to new ones. Until you realize, you will be in a Bermuda triangle of your creation and will end up becoming a self-obsessed person.

To develop emotional intelligence in the true sense, you will need to understand which emotions are important and have to be acted on and which ones have to be just felt and nothing more.

Step 3- Blindspots

My boss just loaded me with assignments that have an impossible deadline to reach in the afternoon. My mood is totally off because I will have to sacrifice my sleep again and I take it on my younger siblings when we are watching a movie together. I just decided that the movie is not worth my time even before watching it.



There is a famous saying that goes you hurt the ones whom you love the most. Well, I don't agree with it. We say this as an excuse to use them as our emotional punching bag to justify what we feel, which they do not deserve.

We think we are thinkers who reason based on facts and evidence. **Truth is, our brain spends maximum time justifying and analyzing what our hearts want. The way to fix this is learning to understand and recognize what our heart wants.**

Truth is, we are not perfect. No human ever was, ever is, or ever will be. Our mind itself has a lot of flaws. Our memories are unreliable, we overestimate ourselves and even lie to ourselves. But it's okay not being perfect. It is alright to have weaknesses. **We just need to be self-aware about them instead of being a slave to the mechanisms of our faulty mind.**

Test your self-awareness

Everyone thinks that they know what they are doing but the harsh truth is, they don't.



There are only about **10 to 15 percent of people** in the world who have true self-awareness.

If you are unable to understand which category you fall into or if you wish to see yourself clearly, you can take the self-assessment tests I have mentioned below.

You can take any 1 or multiple tests through the links provided. Just remember to be honest while answering to get the right results.

1. [16 personalities:](#)
Uses personality theories to show an extensive overview of yourself besides your values and ability to communicate and make sound decisions.
2. [TestColor](#)
It shows how creative and imaginative you are, social skills, emotional intelligence, and organizational, work, and management style.
3. [Sokanu:](#)
This is a popular career-assessment test based on interests, background, personality, and goals.
4. [Empathy Quotient:](#)
This self-assessment measures the temperamental empathy of adults and helps you clinically assess yourself emotionally.

4 Easy Steps to Increasing your self-awareness

Thankfully, **self-awareness is NOT a fixed trait or character**. It can be practiced or cultivated by anyone willing to gain awareness. Farheen inculcated all these for steps in her life and experienced a lot of difference.

Connect with yourself

Make time to reflect. Most of our time is spent glued to our phone, occupied with work or people.

Give yourself at least 30 minutes distraction-free daily in solitude. In this time, you can self-analyze, introspect, and make yourself acknowledge your emotions while you write, read, draw, sit, or lie down idle, or meditate.



Mindfulness and meditation



Mindfulness is just a practice to be present and observe your body, emotions, thoughts, and surroundings.

Meditation is helping your mind focus on one thing, like your breathing and letting go of negative thoughts and emotions.

These practices help you become more aware of yourself and your internal state.

Maintain a journal

Write. Keep a log or a diary. If not this, just scribble your thoughts in your notebook.

Writing has a way of forcing your mind to focus and be clear about what you are thinking.

Your thoughts don't have to be big or amazing. You don't have to be organized or neat. Just pour your heart out and keep typing or keep moving your pen.

You will be amazed that when you thought you could barely write a sentence, you are writing more than a page. It's simple, but an effective way to process your thoughts.



Listen



Listening to important people gives us an idea of how they see us. Ask the people for honest feedback without judging them. It can be someone you trust, your best friend, or your family.

Other people generally have a better perspective of you than you have of yourself. It will not be easy to hear what they have to say, so go for this option after you are practicing mindfulness and writing.

It is because we all have made mistakes and we all have our demons that we fight with daily. We all hurt people, knowingly or unknowingly.

When you ask them for their perspective, remember to make notes in your mind and become better. It will make you understand your thoughts and emotions better and is critical for gaining self-awareness.

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