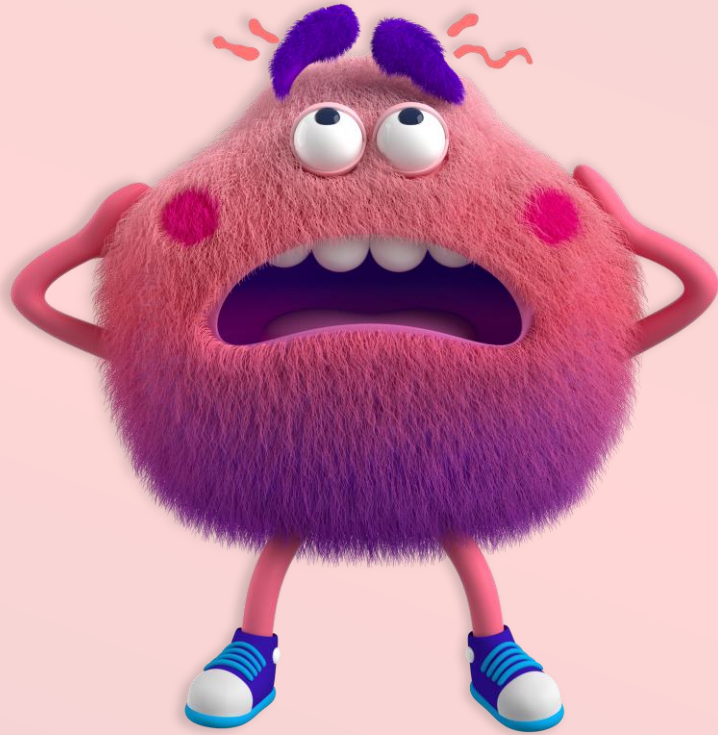


“Unlocking your potential: A journey to self –Awareness”



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- ❑ **Self-awareness is the ability to identify and understand your own emotions and the impact we have on others. It's the cornerstone of emotional intelligence and the other components of EI depend on this self-awareness.**

"It all starts with self-awareness, which is foundation of EI, and it builds from there. If you're aware of your own emotions and the behaviors they trigger, you can begin to manage these emotions and behaviors," says Andrews.

Our emotions impact our mood, behaviors, performance, and interactions with other people. "We are all having emotions all the time," says Andrews, "the question is whether you are aware of these emotions and the impact they have on your behavior — and other people."

According to *Tasha Eurich*, an organizational psychologist, researcher, and author of *Insight*, people who are self-aware tend to be more confident and more creative. They also make better decisions, build stronger relationships, and communicate more effectively.

Let's learn more by watching this video



Sometimes we have intense emotions. Noticing and naming those feelings can help us take action to feel better.

What emotions do you notice when you watch this video?

Social Awareness

- ❑ **Social awareness is our ability to understand the emotions of others and a key component of this is empathy.**
- ❑ **Jamil Zaki, a Stanford professor and author of The War for Kindness, describes empathy as having three components — identifying what others feel, sharing this emotion, and wishing to improve their experience.**
- ❑ **“It’s not about how you would feel in their situation, but rather, how they actually feel,” says Andrews.**
- ❑ **People with strong social awareness tend toward kindness. However, this doesn’t mean they cannot give others difficult feedback — in fact, they may be better at delivering this ‘tough love’ because they understand the other person and want to help them improve.**

Personal Growth

- **Research Reveals Barriers to Self-Awareness**
- **Without an objective sense of who you are and what drives you, it's nearly impossible to be emotionally intelligent. Andrews cites a study by Tasha Erich which found that 95 percent of participants gave themselves high marks in self-awareness.**
- **However, using more empirical measures of self-awareness, the study found that only 10-15 percent of the cohort was truly self-aware.**
- **That's a pretty big gap, and one that suggests most of us aren't very self-aware. What's worse, research also shows that managers and CEOs may be the least self-aware of all. This is not despite their authority, but quite possibly because of it.**
- **Erich wrote in the Harvard Business Review that the more power someone obtains, the more likely they are to be overconfident about how well they know themselves. After all, those at the top of the chain have fewer people giving them feedback.**

- ❑ **Often, when managers do receive feedback from employees, it isn't as honest as it might be because subordinates are afraid of incurring negative consequences. Managers are insulated from criticism, and as a result, self-awareness sinks.**
- ❑ **Receiving honest, constructive feedback is key to becoming self-aware. Andrews notes that a 360-degree emotional intelligence assessment can be a very effective way to gain insight into your EI-components and the impact you have on others.**
- ❑ **"Many people shrug off differences in how they rate themselves versus how others rate them on EI competencies by saying that they're too hard on themselves or that others don't really understand their intent," says Andrews, "but really it shows a lack of self-awareness."**

Unlock Your Potential: Discover Your Academic Strengths and Weaknesses

We'll explore how to identify them, what they mean for your future, and how to use this knowledge to unlock your full potential. Get ready to discover the amazing student you are!

❖ Identifying Your Strengths:

❖ The first step to unlocking your potential is understanding where you shine! Here are some ways to identify your academic strengths:

1. Reflect on your past successes: Think back to classes where you aced tests, loved the material, or felt truly engaged. What were those subjects? What made them enjoyable? Maybe you're a natural at math because you love solving problems, or you excel in history because you're fascinated by the past.

2. Seek feedback from trusted sources:

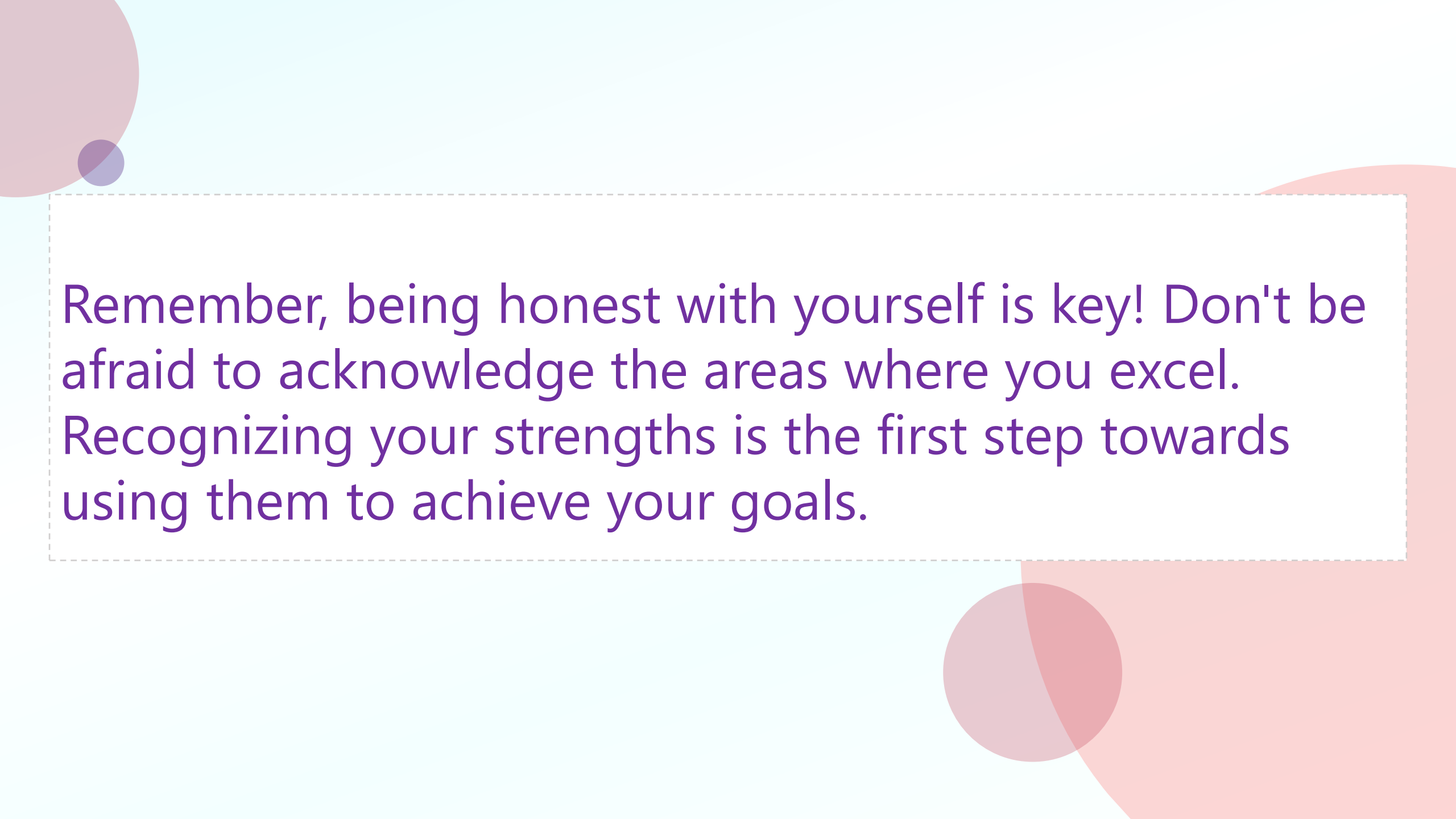
Your teachers, mentors, or even friends can offer valuable insights. Ask them what they see as your strengths. Maybe your English teacher notices your strong writing skills, or your math tutor sees your ability to grasp complex concepts quickly.

3. Analyze your academic performance:

Take a look at your grades and test scores. Are there any patterns? Do you consistently do well in certain subjects? This can be a good indicator of your natural strengths. For example, if you consistently get A's in science, you might be a natural at understanding scientific concepts.

4. Explore your interests outside of academics:

What are you passionate about? Do you love playing music, building things, or writing stories? These passions can often translate into academic strengths. For example, if you love playing guitar, you might have a natural talent for music theory or composition.



Remember, being honest with yourself is key! Don't be afraid to acknowledge the areas where you excel. Recognizing your strengths is the first step towards using them to achieve your goals.

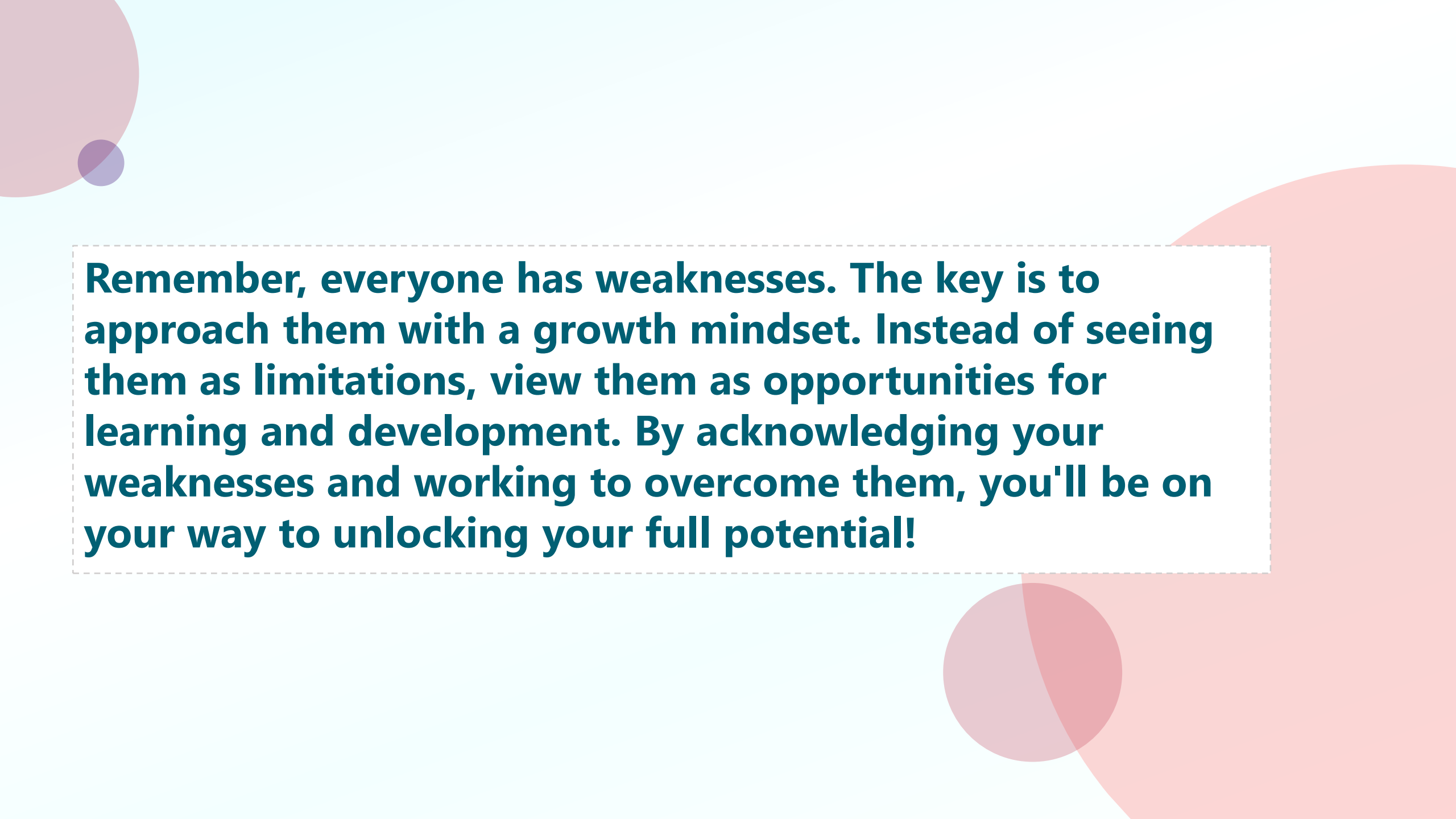
Recognizing Your Weaknesses

Analyze your struggles:

Pay attention to the subjects or concepts that consistently give you trouble. Are you always getting lower grades in a particular subject? Do you find yourself constantly struggling with specific types of problems? This could be a sign of a weakness. For example, if you always struggle with algebra word problems, it might be a good idea to focus on improving your problem-solving skills in that area.

Examine your study habits:

How do you typically study for tests? Do you find yourself cramming at the last minute? Do you struggle to stay focused during class? Remember, everyone has weaknesses. The key is to approach them with a growth mindset. Instead of seeing them as limitations, view them as opportunities for learning and development. By acknowledging your weaknesses and working to overcome them, you'll be on your way to unlocking your full potential!



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Strategies for Leveraging Strengths and Addressing Weaknesses

Now that you've identified your strengths and weaknesses, it's time to put that knowledge to work!

Leveraging Your Strengths:

1. Choose subjects and activities that align with your strengths:

If you're a natural at math, consider taking advanced math courses or joining the math club. If you're a strong writer, explore creative writing workshops or start a blog. By focusing on your strengths, you'll feel more engaged, confident, and motivated.

2. Seek opportunities to showcase your strengths in projects, presentations, or extracurricular activities:

If you're a great public speaker, volunteer to present your work in class or join the debate team. If you're a talented artist, participate in school art shows or design the set for the school play. These opportunities will help you build confidence and develop your skills further.

3. Build confidence and motivation by focusing on your areas of expertise:

When you're feeling discouraged, remind yourself of your strengths. Celebrate your successes and use them as fuel to push yourself further. Remember, you're good at something, and that's something to be proud of!

This can be a great way to ensure that you're taking advantage of opportunities that align with your strengths.

Addressing Your Weaknesses

- ❑ **Seek extra help from teachers, tutors, or online resources:** Don't be afraid to ask for help! Your teachers are there to support you. If you're struggling with a particular concept, ask for clarification or extra practice problems. There are also plenty of online resources available, such as Khan Academy or YouTube tutorials.
- ❑ **Develop effective study habits and time management skills:** If you find yourself cramming for tests or struggling to stay organized, it's time to develop better study habits. Try using a planner, setting realistic goals, and breaking down large tasks into smaller, manageable chunks.
- ❑ **Break down challenging topics into smaller, manageable chunks:** Don't try to tackle everything at once. Break down complex topics into smaller, more digestible pieces. Focus on mastering one concept at a time before moving on to the next.

Practice regularly and seek feedback to improve: Practice makes perfect!

The more you practice, the better you'll become. Don't be afraid to ask for feedback from your teachers or classmates. They can help you identify areas where you need to improve and offer suggestions for how to do so.


This can be a great way to improve your test-taking skills and address any weaknesses you may have in specific areas.

A Balanced Approach


Remember, the key to unlocking your full potential is to focus on both your strengths and weaknesses. Don't neglect your areas of expertise, but don't shy away from challenges either. By embracing a balanced approach, you'll develop a well-rounded skillset and achieve greater success in all areas of your life.

Taking Action

Recognizing your strengths can boost your confidence and motivate you to pursue subjects and activities that you excel in. On the other hand, acknowledging your weaknesses allows you to focus on areas that need improvement. By actively addressing these areas, you can overcome challenges and unlock your full potential.



Mindfulness:
staying present and
aware your internal
state without judgment.

- 
1. Reduced stress and anxiety
 2. Improved well-being and mood
 3. Increased self-awareness and emotional regulation
 4. Enhance focus and concentration
 5. Reduce pain and physical comfort



Mindfulness can be practiced!

1. **Meditation:** sitting in a comfortable place and focusing on the breath or sensations in the body.
2. **Body scans:** paying attention to each part of the body , from the top of the head to the tips of the toes.
3. **Mindful eating:** paying attention to the test texture and smell of food while eating.
4. **Yoga:** combining physical postures ,breathwork and cultivate mindfulness.

Exercise

- Writing down aboute your ability 10 years ago.now, and 10 years later.**
- Write a letter to your future self and email it to yourself.**
- Doing Meditation**



