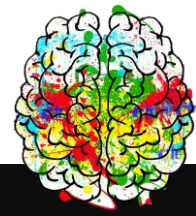


EQ: Emotional Intelligence



Self-Awareness Strategies

Self-awareness is the ability to accurately perceive your own emotions in the moment and understand your tendencies across situations. Self-awareness encompasses *emotional self-awareness*, *accurate self-assessment*, and *self-confidence*.

There are several actions you can take to help develop your self-awareness skills:

- Take time to reflect on how you feel about your experiences.
- Develop the language to articulate how you feel.
- Don't treat having or expressing feelings as *good* or *bad*.
- Don't be fooled by good and bad moods; there are pros/cons to each, and they are guaranteed to change.
- Recognize how your emotions feel physically.
- Monitor yourself; keep a journal.
- Know who/what pushes your buttons and WHY.
- Ask yourself why you feel as you do.
- Know yourself under stress.
- Ask for feedback; validate your observations.