

# Squiggly Careers PodSheets



## How to accelerate your self-awareness

### What is self-awareness?

Self-awareness is how clearly we see ourselves and understand how others see us too. The more self-aware we become, the better we are at work. It's a skill you can learn and grow.



“ Follow effective action with quiet reflection. From the quiet reflection will come even more effective action. ”

**Peter Drucker**

“ Self-awareness is the meta-skill of the twenty-first century. ”

**Dr. Tasha Eurich**

### Internal vs. External self-awareness

**Internal-** when we know ourselves, our strengths, values and passions.

**External-** knowing how other people see us and what they think our strengths are.



### Six ways to accelerate your self-awareness

#### 1 Ask yourself one 'what' question at the end of each day to increase your reflection

- *What did I do today that made a positive impact?*
- *What did I get frustrated by during my day?*
- *In what situations did I do my best work today?*

#### 2 Spend time every month with a feedback friend

Getting feedback from 'critics who care' helps you gain external self-awareness. These are the people that care personally about you and can challenge directly.

- *Who is your feedback friend?*

#### 3 Try self-awareness scenario planning

Use mental models (imagining what is not yet true) and hypothetical questions to explore your thoughts and beliefs

- *If you had no limits on your life, what would you do?*
- *If your job changed overnight, what would you miss the most?*

#### 4 Become a 'Mistake Monitor'

Treat mistakes as data for your development. Collect facts and explore your feelings, but don't let your inner critic take control.

- *What might I do differently next time round?*

#### 5 Spot your thinking traps

Tune into the thoughts that hold you back e.g. *I don't have enough experience to make a difference* and reframe them into positive prompts e.g. *how could my fresh perspective be helpful?*

#### 6 You at your best vs You at your worst

Compare your thoughts about when you're at your best vs. your worst with feedback from trusted colleagues to assess internal vs. external awareness

- *How similar are the responses?-*

### Coach Yourself Questions

? What could you do to support your self-awareness?

? How could increasing self-awareness help you in your career?

### Recommended resources



[You Coach You: How to Overcome Challenges and Take Control of Your Career](#)

Helen Tupper & Sarah Ellis



[Increase your self-awareness with one simple fix](#)

TedX Talk by Dr. Tasha Eurich



[How to improve your emotional agility at work](#)

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Amazing if