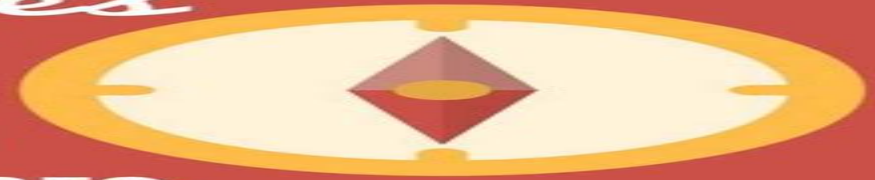


SELF-AWARENESS

Activities

Achieving self-awareness gives you the opportunity to make positive changes in your behavior and increase your self-confidence.

Here are 33 activities that can help increase self-awareness in adults and students.



WRITTEN EXERCISES

1. Write morning pages.
2. Keep a journal.
3. Use feedback analysis.
4. Create a life vision-mission.
5. Write a personal manifesto.
6. Record your ABCs.
7. Write a regret letter.
8. Do the funeral test.
9. Record your personal narrative.
10. Write down your most important tasks regularly.
11. Create a bucket list.

TESTS YOU CAN TAKE BY YOURSELF

12. Know and understand your personality type.
13. Discover your Eulerian Destiny.
14. Utilize The Freedom Diagram.

THOUGHT PROCESS EXERCISES

15. Ask the "Three Whys."
16. Put a name to your feelings and emotions.
17. Pay attention to your self-talk.
18. Question your assumptions.
19. Ask questions about yourself.
20. Observe your stream of consciousness.
21. Build the Pause-and-Plan Response habit.

PHYSICAL EXERCISES

22. Be aware of your body language.
23. Practice grounding techniques.
24. Observe other people.
25. Take a morning walk.
26. Practice Zhan Zhuang.
27. Read more books.
28. Engage in solo exercise and individual sports.
29. Practice conscious breathing.
30. Meditate.

WITH HELP FROM OTHERS

31. Ask for constructive feedback at work.
32. Ask trusted friends or family for feedback.
33. Apologize.

Want to learn more about
THE SELF-AWARENESS HABIT?

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E Durkheim



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