

The Roots of the Self

Better Self Awareness

Most people have a level of self awareness that often only scratches the surface. In order to grow and learn how to make better decisions, we need to understand ourselves better.

Answer these questions with the first thing that comes to your mind, then go to the oompth degree and dig as deep as you can go. The deeper, the better...



List all your strengths.

List your vulnerabilities.

What are the strengths behind each vulnerability? How do they make you a better person?

What external validation(s) do you rely on?

What internal validation(s) do you rely on?

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Do you give more weight to external or internal validations? If so, how and why?

Does it serve or hinder you? How so?

List all your achievements.

We often focus on criticism rather than compliments. How often do you review your accomplishments & compliments? How often do you review criticism?

Is the balance right? If so, how? If not, how could you change it?

What would you still like to achieve in life?

On a scale of 1 to 10 (1 lowest & 10 highest), how much weight are you giving to the outcome and why? *(If more than one outcome, answer the next associated questions for each one)*

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What are you currently doing to achieve this outcome?

Are you making significant progress or do you need to review what you are doing? Are you trying to force the outcome?

What is the meaning of this outcome?

What are the feelings associated with it? What are the emotions associated with it?

How can you change the meaning?

How can you let go of outcome whilst still working towards it in a meaningful way?

List all the steps you need to take.

What first step can you take today?