

# Strategies to Improve Self-Awareness

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

20

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

53m

**Estimated study time**

53m 22s

**Instructor**

Joel Pérez, PhD

## Introduction

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- 1** The key to unlocking your potential  
Self awareness is the secret sauce towards achieving success in your career and relationships.

## What is Self-Awareness

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- 2** Self-awareness is not self-help  
In order to be in a position to improve self-awareness, you must first define it.
- 3** Gratitude is attitude  
Being grateful makes it easier to recognize all the good you are surrounded with, especially when things are tough.

## Knowing yourself

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- 4** Identifying your core values  
When trying to build awareness, you should start with the values and thoughts that influence you.
- 5** Identifying implicit biases  
Everyone has different biases, so it's important for you to recognize your biases and how you can overcome them.
- 6** Interpersonal relationships  
What role do your family, friends, and colleagues play in developing self-awareness?

# Overcoming Challenges

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## Feedback avoidance

If you have a hard time soliciting feedback, you might be missing out on valuable information that can help you succeed.

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## Not taking action

Do you struggle with complacency? Complacency can lead to stagnation. After this lesson you learn how you can move to action.

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## Getting complacent

Self-awareness takes work. After this lesson, you'll be able to develop habits to keep you from becoming lazy.

# Self-Awareness Strategies

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## Don't underestimate your potential

Have you been told that you have potential to achieve great things?

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## Understanding motivation

Understanding your motivators is key to developing self-awareness.

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## Your personal wiring

You hold the keys to build up your self-awareness; all it takes is recognizing what will work for you to persevere through it.

# Applying Strategies

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## Mindfulness

Developing the discipline of being able to "pause" and create space for self-awareness is key.

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## Leverage your network

How do you develop and leverage a personal and professional network?

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## Coaching self-awareness

Working on yourself can feel daunting, but luckily, there are external resources, such as coaching, that can help you stay motivated.

# Benefits to Self-Awareness

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## 16 Personal improvement

In life, it's common for humans to want to feel progress and growth over time.

## 17 Communicating with self-awareness

Effective communication is essential for many reasons, including solving problems, resolving conflict, and giving direction.

## 18 Managing stress

If you find yourself feeling stressed, perhaps tapping into your self-awareness is the solution.

## 19 Self-aware leadership

If you're interested in being a leader at any point in your career, self-awareness can be a great skill to hone as part of your arsenal.

# Conclusion

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## 20 The path of self-awareness

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