

# How to Develop Self-Awareness and Why It's Important

- When you focus and identify elements of your internal self — beliefs, values, purpose, or emotions — you become self-conscious.
- A “dinner of truth” helps you develop courageous and creative ways to ask for feedback from friends, family, and colleagues.
- Study findings show that self-awareness training for full-time employees is associated with improved job-related satisfaction and well-being.
- You don't have to spend hours in therapy or self-reflection to become more self-aware.
- When you look at yourself and are able to recognize and connect emotions, core beliefs, thoughts, and traits, you're practicing self-awareness.
- Researchers found that practicing self-awareness and mindfulness improves: self-acceptance, self-confidence, proactivity, stress related to social interactions.

**Order the statements based on the reading.**
