**Who are You, self-awareness and self-acceptance**

**1# EXERCISE**

**How Do I Become More Self-Aware?**

Learning to be more self-aware involves honing the skills of reflection, insight, and mindfulness. When you practice these daily, you will notice that you are more aware of your emotions and thoughts and are better able to consider your choices and motivations. Here are some simple, daily activities that will help increase your self-awareness.

**#1. Write in a Journal**

Every Day Journaling is a time-tested activity that can help you build self-awareness. For 20 minutes each day, write about your goals, your thoughts, and your worries. Recording these things not only helps unburden your mind from carrying them around, but it also can give you the opportunity to reflect upon them later. Every few days, reread your entries to see what you notice. How are your emotions affecting your behaviors? What fears or hurts do you see coming up again and again? Learning to understand your behaviors starts with acknowledging them so that you can analyze them for yourself.

**#2. Practice Mindfulness Meditation**

Meditation, when practiced regularly, helps you improve your mindful awareness. There are many types of meditation, and the goal of all is to help you clear your mind so that you can focus on what is important to you. If you want to improve your ability to reflect and be aware of yourself and your choices, try practicing a guided mindfulness meditation exercise every day for one month. You will notice improvements in your self-awareness, your ability to check your emotions, and a better understanding of your habits and choices.

**#3. Get Feedback from Loved**

If you are struggling to answer your “Why do I do this” question, it can be helpful to ask someone else what they think. Getting feedback about your behaviors from others gives you a new perspective and may give you new insight into why you make the choices you make.

Others may be seeing things you are not, which can be helpful for not only changing your behavior but also helping you to improve your self-awareness.

Figuring out why you do what you do requires a careful look at yourself. Learning to be more self-aware

needs reflection, introspection, and learning to be more mindful of how your thoughts and emotions are

controlling your life. When combined, you can increase your self-awareness and learn to change your negative behaviors into ones that are healthier and more positive.

**2# Exercise**

Defining Yourself: Who Am I?

The idea behind this exercise is it encourages you to think about all of the things that make you unique. While the questions may seem shallow, this is an introductory exercise to get you comfortable with turning the lens inward on yourself.

My favorite food is

My favorite international cuisine is

My favorite destination is

My favorite place to escape to for peace is

My favorite music artist is

My favorite type of music is

My favorite color is

If I think of groups, I believe I belong most to this group

The most important person in my life is

My favorite possession is

My favorite past-time

is

A dream I hold for the future is

I deeply dislike

The thing I'm best at is

Defining Yourself: I Am…

Now, you have a baseline of how you see yourself and what you like. Let's go a little bit deeper and think of different ways in which you can describe yourself. You just have to complete the prompt we provide below.

I am (think familial)

I am (think of a positive trait)

I am (think of a value you hold)

I am (think of a group you're part of)

I am (think of a hobby)

I am (a political stance you hold dear)

I am

I am

I am

I am

I am

I am

The key message from the two exercises above is that it's okay to be exactly who you are. You are an individual and like everyone, you are made up of a bunch of different things. You can love watching football but hate the NFL.

You can be passionate about the environment but still enjoy travel.

You can be committed to your career without loving your family any less. You're unique and you shouldn't feel as though you need to hide things away. You should be proud of who you are.