

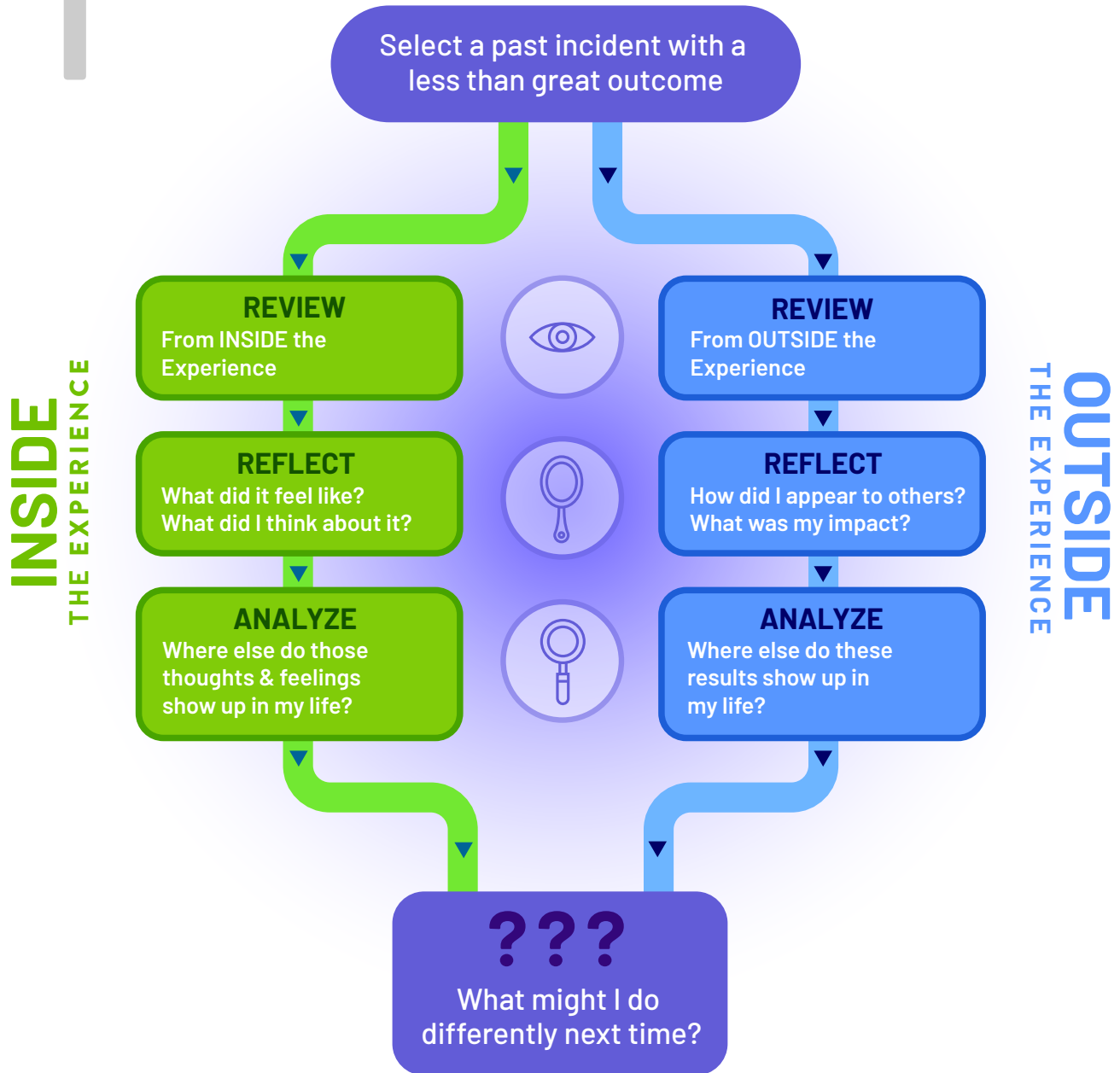


Building Self-Awareness

Building self-awareness is like building any muscle: it takes exercise. These two practices will build your awareness of yourself.



Review > Reflect > Analyze



2

Real-time Check-in

As many times a day as you can remember to do it ask yourself these 3 questions:



1
What activity am I engaged in right now?



2
What feelings do I have right now? *



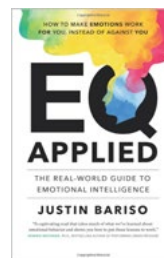
3
What is happening in my body right now?

* Challenge yourself not to settle for generic feelings like “fine” or “okay”. For help finding stronger language, use our Feeling Words Grid on Page 3.

PURPOSE:

When done with regularity, this exercise builds awareness of current states and the interconnection of your systems.

RECOMMENDED BOOK:



EQ Applied: The Real-World Guide to Emotional Intelligence








by Justin Bariso



To learn about building self-awareness, and how to practice these particular exercises, listen or download episode [#209 How To Build Self-Awareness](#) from the Essential Communications podcast *The Look & Sound of Leadership*.

Feeling Words Grid

Use the grid below as you challenge yourself to find stronger words to describe your feelings.

	 HAPPINESS	 SADNESS	 FEAR	 UNCERTAINTY	 ANGER	 POTENCY	 INADEQUACY
STRONG	Excited Thrilled Delighted Overjoyed Ecstatic Elated Jubilant	Despairing Hopeless Depressed Crushed Miserable Abandoned Defeated Desolate	Panicked Terrified Afraid Frightened Scared Overwhelmed	Bewildered Disoriented Mistrustful Confused	Outraged Hostile Furious Angry Harsh Hateful Mean Vindictive	Powerful Authoritative Forceful Potent	Ashamed Powerless Vulnerable Cowardly Exhausted Impotent
MODERATE	“Up” Good Happy Optimistic Cheerful Enthusiastic Joyful “Turned on”	Dejected Dismayed Disillusioned Lonely Bad Unhappy Pessimistic Sad Hurt Lost	Worried Shaky Tense Anxious Threatened Agitated	Doubtful Mixed up Insecure Skeptical Puzzled	Aggravated Irritated Offended Mad Frustrated Resentful “Sore” Upset Impatient Obstinate	Tough Important Confident Fearless Energetic Brave Courageous Daring Assured Adequate Self-confident Skillful	Embarrassed Useless Demoralized Helpless Worn out Inept Incapable Incompetent Inadequate Shaken
WEAK	Pleased Glad Content Relaxed Satisfied Calm	“Down” Discouraged Disappointed “Blue” Alone Left out	Jittery Jumpy Nervous Uncomfortable Uptight Uneasy Defensive Apprehensive Hesitant Edgy	Unsure Surprised Uncertain Undecided Bothered	Perturbed Annoyed Grouchy Hassled Bothered Disagreeable	Determined Firm Able Strong	Frail Meek Unable Weak



Continue to build your self-awareness with these episodes of *The Look & Sound of Leadership*: [#103 Self-Awareness & Self-Management](#); [#109 Building Emotional Intelligence](#); and [#152 Combating Emotional Hijacks](#).