

Self-Awareness

Every day you face choices: people to see or not see, places to go, things to do, ways to deal with whatever life gives you. Knowing your nature, your abilities, and how you'll react to people and things may well be the most important life management skill. The better you know yourself, the better decisions you make. The better decisions you make, the better your life will be.

Someone once asked the famous humanitarian Dr. Albert Schweitzer what he felt was "wrong with people today." He replied, "Most people simply don't think." All of us think on many levels, but what most of us forget to think about is *how* we think. Self-analysis is what is needed. If we were to recognize the patterns in our own thinking and our own feelings, we would understand so much more about ourselves. We could save ourselves a lot of pain by making more informed life choices.

According to author and motivational speaker Jim Cathcart, this self-awareness results in people who:

- are better listeners
- are less self-conscious
- tend to be less judgmental of others
- seldom take on tasks for which they are not suited
- do a better job of assessing risks
- are more willing to admit their mistakes
- recover from disappointments more easily
- are less likely to be absent from work
- tend to produce better quality work
- manage stress more effectively
- experience fewer interpersonal problems

Take some time to understand what makes you who you are. Determine what natural gifts you already possess and what resources you already have access to. Remember: you have the capacity to shape, change, or adapt to your circumstances every day. The more effectively you make those choices, the more appealing your outcomes will be.