

The Doubler



Week Three: Developing Self-Awareness

Reading Expectation: Watch Tasha Eurich's TED Talk
[Increase your self-awareness with one simple fix](#)

Learning Objective: ("Each participant...")

- Can write about positive experiences to build self-awareness.
- Will discuss the importance of knowing what it takes to create happiness for themselves.

Essential Concept:

Self-awareness and recording positive experiences.

Skills Required:

- Communicate Clearly
- Writing from personal experience
- Use information creatively

Opening Question(s):

"Are you self-aware?"

Or

"What are the benefits of being self-aware?"

Thoughts for Consideration:

To know yourself means to know what makes you "tick."

- What makes you happy?
- What makes you sad?
- What makes you laugh?
- How do you respond to these emotions?
- How do you respond to negative situations?

When we know ourselves well, we can decide what to do when adverse things happen.

- If something makes us irritated or upset, we can cheer ourselves up.
- If something makes us angry or frustrated, we can calm ourselves down.

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Connecting This Lesson To Our Work:

- How can intentionally being self-aware help us at work?
- Do you think those you work with consider you to be self-aware?

Action:

Today, we are going to do offer ourselves a self-assessment to determine the level of self-awareness we hold. It can be as simple as writing a paragraph relating responses to some of the Thoughts for Consideration, above. Or, if you've got access to one of the many commercially available self-assessments (DISC, Meyers-Briggs, etc.), perhaps you could share your results. Here's a short and informative article on a basic method of self-awareness for leaders.

<https://www.predictiveindex.com/blog/how-to-improve-self-awareness-as-a-leader/>

21-Day Challenge:

Make sure you make an entry into your journal for today!

Don't forget, your "doubler" experience should have three things details to describe it and be within the last 24 hours.

Weekly To-Do's:

1. Continue your 21-day Journaling challenge and keep it going. Remember to include three positive experiences that occurred within the last 24 hours.
2. Make sure to use your 21-day challenge journal to track your progress.

Alternate Discussions:

- How do people demonstrate or express self-awareness?
- Who do you know that stands out as self-aware?
- What percentage of your co-workers would you consider to be self-aware? (Careful here, no pointing!)