Knowing Yourself

Aristotle once said *"Knowing yourself is the beginning of all wisdom"*

Our beliefs about ourselves, others and the world, are constructed through our experiences. These beliefs are formed and reformed as we interpret those experiences.

When you notice what has or what does influence you, you can start to choose what to keep in your life, what to improve, change and what to let go of.

Benefits include:

- Reducing mistakes
- Improved decision making
- Improving relationships

People with strong self-awareness can:

- Recognise their strengths and what challenges them.
- Understand and talk about their own needs and their feelings, importantly they can recognise other people's needs and feelings.
- See how their behaviour affects others

Self-awareness is built through reflection, which is a non-critical way to review events and experiences. We don't criticise ourselves, but we do challenge, we challenge our thinking and our actions. We ask for feedback from others, we listen without reaction, then reflect some more.

Use the following 3 pages to reflect on your experiences. The prompts can be useful to consider how experiences have shaped your present so you can then start to think about any changes you may want to make for the future.

Knowing Yourself

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Past & Present Experiences

What experiences, past or present, have shaped how you see yourself today?



Think of key moments, challenges, successes, influences or people.

Write down a few that feel most meaningful.

Experiences that feel important to my belief system

e.g. *the summers I spent with my family*

People who have influenced my life

e.g. *the teacher who always took time to explain*

Knowing Yourself

Behaviours and thought patterns I recognise

e.g. *I'm very calm in a crisis*

Enrichment Map

Which relationships, habits, or mindsets are enhancing my life?

Consider people, routines, practices, or beliefs that give you energy and growth.
Either write them as a list OR draw a circle with your name in the centre and map them around you.

Prompt: *What am I normally doing when I feel at my best and who is it with?*

Knowing Yourself

Future Awareness

How might I become more aware of positive and live affirming experiences in the future?



Think of ways to notice and stay connected to these influences

Why not choose one small action to try in the coming week.

Prompt: *What will help me to notice positive influences when they are happening?*

Takeaway

Prompt: *Write one sentence that captures what you're taking away from this reflection.*