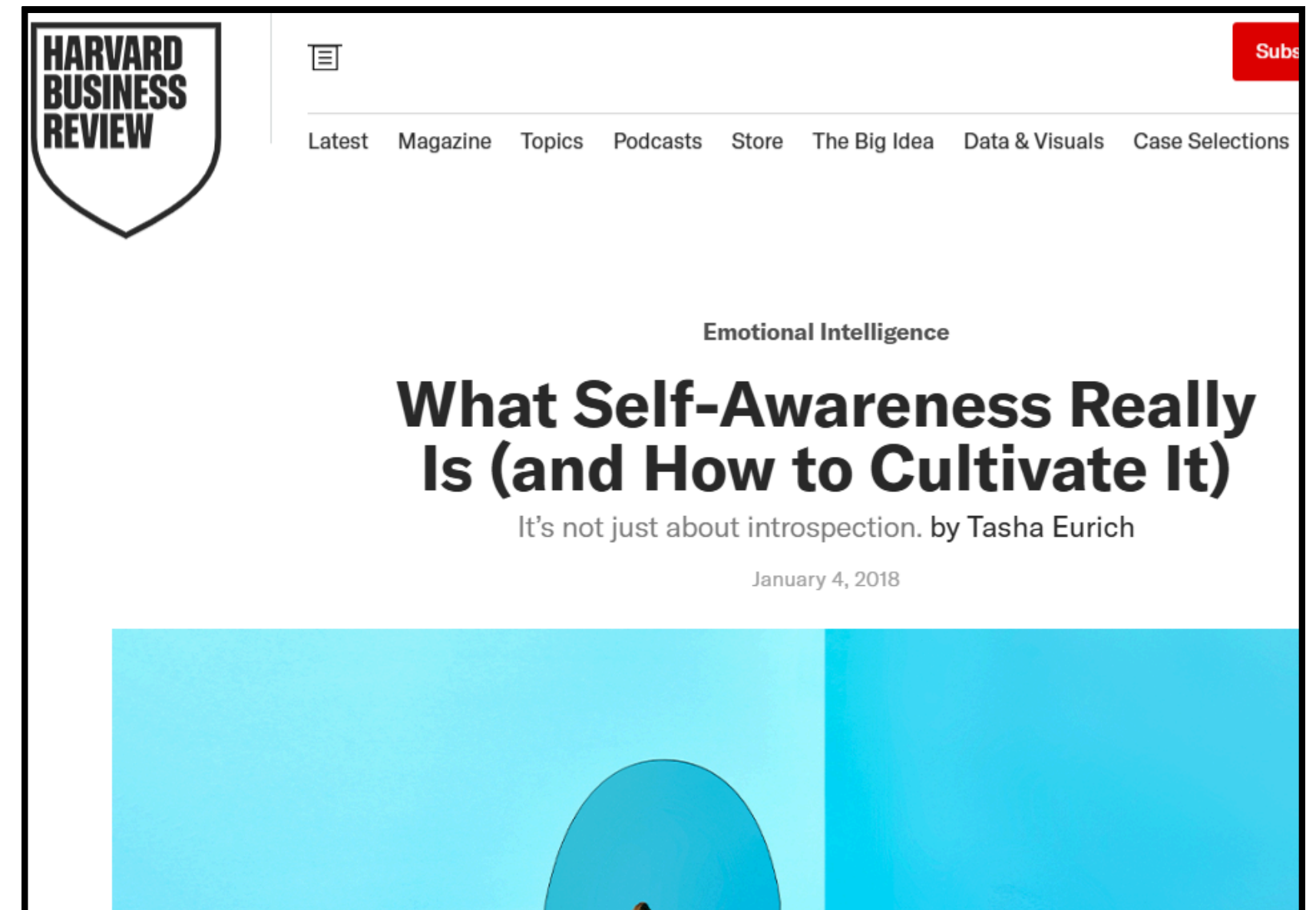


Self-Awareness

Two Types of Self-Awareness:

- Internal
 - How clearly you understand your own values, passions, aspirations, emotions, and how they impact others.
 - People with high internal self-awareness have higher job and relationship satisfaction, personal control, and happiness.
- External
 - How others perceive us.
 - People with high external self-awareness are better at displaying empathy, taking others' perspectives, and build stronger relationships.



Self-Awareness

Factors Hindering Self-Awareness:

- Experience
 - While often a source of wisdom, studies indicate experience isn't always learned from.
 - Expertise can often make people overconfident, preventing them from questioning their own assumptions.
- Power
 - Creates an environment where individuals receive less honest feedback, leading to blind spots about behavior and impact on others.

