

# THE LEADER'S GUIDE TO SELF AWARENESS

GREAT LEADERSHIP BEGINS WITH HONEST REFLECTION



## WHAT IS SELF-AWARENESS

Self-awareness is the ability to see yourself clearly and accurately. It means you understand your strengths and your limits. Self-awareness is the mirror where growth begins and it is the first step to leading teams well!

### INTERNAL

Your understanding of your values, your goals, your emotions, and your habits.

### EXTERNAL

Your understanding of how others see you and the impact you have on others.

## WHY SELF-AWARENESS IS A LEADERSHIP ADVANTAGE

**IMPROVES  
DECISION QUALITY**

**STRENGTHENS  
RELATIONSHIPS**

**INCREASES  
ADAPTABILITY**

## HOW TO BUILD IT



### START WITH SHORT DAILY REFLECTIONS

At the end of the day, spend a few minutes writing real sentences about your work. What worked today, and why? Over weeks, patterns emerge—and so does progress.



### ASK FOR INTENTIONAL FEEDBACK

Choose two or three people you trust. Ask: 'What's one thing I do that helps you? One thing that makes it harder?' Sit with it, try one change, watch the effects. Repeat quarterly.



### USE ASSESSMENTS WISELY

A 360 review or strengths inventory only helps if you act. Treat them as starting points. Compare insights with your own reflection and requested feedback. Learn and grow from it.



### PRACTICE READING THE ROOM

In your next meeting, watch tone, pace, and posture. Notice who leans in, who withdraws, where energy rises or drops. Then test your read with one clear follow-up: 'I sense we're not aligned on the timeline—what are you seeing?'



### TRAIN YOUR PAUSE

When frustration or urgency hits, don't react – instead respond, by labeling it: 'I feel defensive' or 'I feel rushed.' That pause creates space. Breathe, ask a question, or step away. Leaders who make space under pressure protect the quality of their choices.

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