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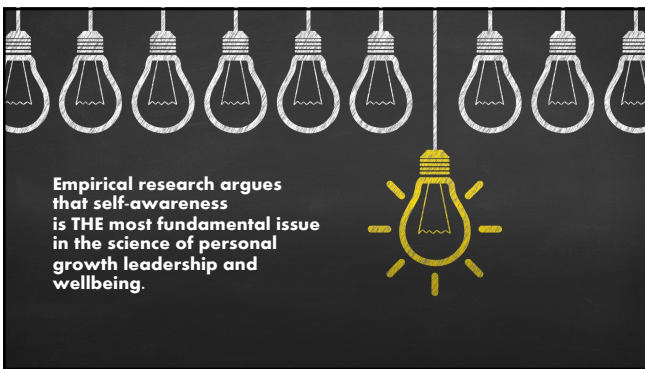
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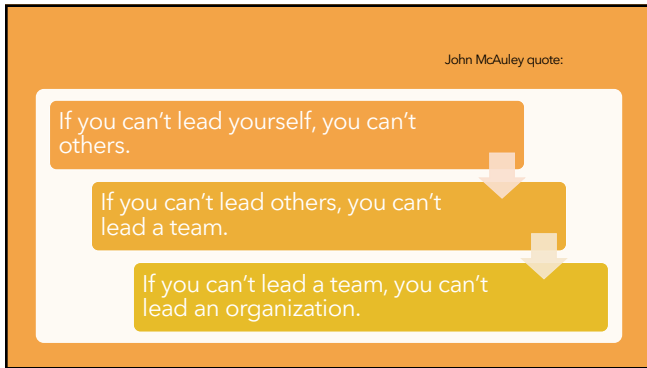
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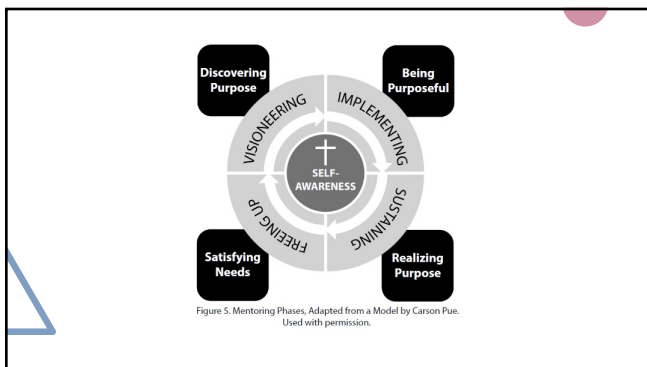
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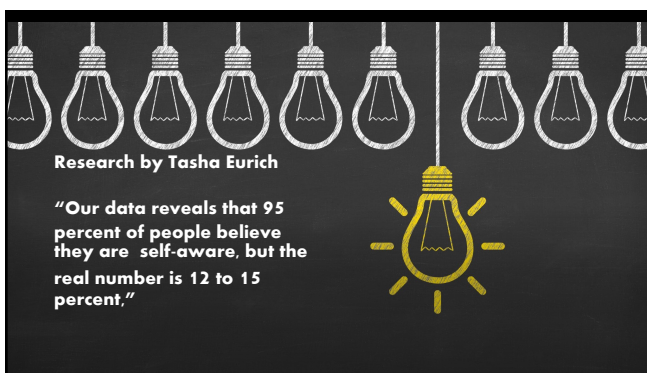
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## Two parts to self-awareness



External self-awareness means knowing how other people see you.



Internal self-awareness means knowing your values and personality strengths and weaknesses.

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**Understanding our position and identity as children of God is critical to our self understanding**

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**Living out of who God says I am is my only hope of becoming like Jesus.**

- God has something to say about who we are and **He's the only One we should listen to**. We define ourselves by who God says we are because that's who He sees us to be, and that's who He has made us to be.
- We have to trust Him with everything that's true about us, including His view of the sin in us.
- We must never depend on our view of ourselves.

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**Learning to live out of His  
view of us—and in fact who  
He has made us—is the  
process of our maturing. It  
is the process of our  
spiritual formation.**

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**Many Christians miss this  
profound reality of  
experiencing in their daily  
lives who God says they are..**

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**•What are some  
bi-products of  
self-awareness?**



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**One of the most powerful techniques to promote self-awareness is questioning.**

- What are my weaknesses?
- What is hindering me from fulfilling my calling?
- What is the "shadow side" of my leadership?
- What is hindering me from taking the next step to fulfill my God-given calling?



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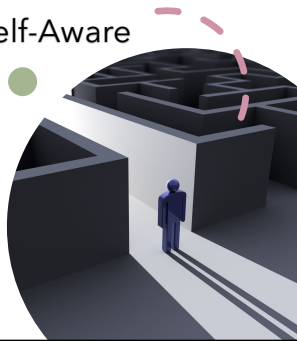
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## Barriers to being Self-Aware

"Self-awareness—recognizing a feeling as it happens—is the keystone of emotional intelligence... the ability to monitor feelings from moment to moment is crucial to psychological insight and self-understanding. An inability to notice our true feelings leaves us at their mercy."

People with greater certainty about their feelings are better pilots of their lives, having a surer sense of how they really feel about personal decisions from whom they marry, to what job to take."

- Daniel Goleman



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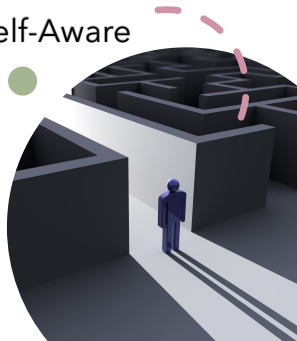
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## Barriers to being Self-Aware

• Spiritual - If you are underdeveloped - the evil one wants you to stay like that and I think uses some of the following:

- Either too much data or too little data - especially inaccurate during times of transition
- An anxious person can see data as a threat and focuses on the anxiety rather than the data. This is where a mentor can help.
- If you have low self-esteem, your tendency is to interpret everything that is consistent with their self-perception rather than an accurate assessment.



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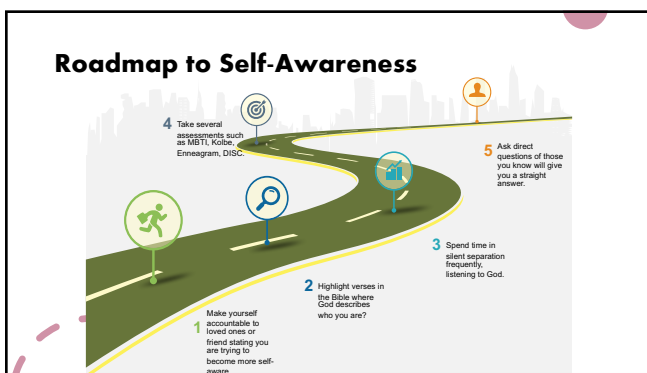
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