

15 Strategies to Maximize Self-Awareness

The role of all coaches is to create a space where our clients become more and more self-aware. Transformational coaching as an approach seeks to go beyond general self awareness by dropping below the surface level and connecting clients with the 'ground of being' that is the essence of who they are.

Of course, your capacity to support that process in others is directly connected to the depth of your own self-awareness.

Here are 15 strategies (taken from *Emotional Intelligence 2.0* by Travis Bradberry and Jean Greaves) that will help you maximize your self-awareness.

15 Strategies to Help you Maximize your Self Awareness to Create Positive Change in Your Life:

1. Quit treating your feelings as good or bad
2. Observe the ripple effect from your emotions
3. Lean into your discomfort
4. Feel your emotions physically
5. Know who and what pushes your buttons
6. Watch yourself like a hawk
7. Keep a journal about your emotions
8. Don't be fooled by a bad mood
9. Don't be fooled by a good mood either
10. Stop and ask yourself why you do the things you do

For more resources, visit:

www.centerfortransformationalcoaching.com/transformational-coaching-resources

feel free to share this resource with attribution

11. Visit your values
12. Check yourself
13. Spot your emotions in books, movies and music
14. Seek feedback
15. Get to know yourself under stress

Reflection:

Notice how much emotions (both positive and negative) must be attended to in order to deepen self-awareness.

1. How do you cultivate emotional self-awareness in your daily life?
2. How do you cultivate emotional self-awareness in your coaching sessions?

For more resources, visit:

www.centerfortransformationalcoaching.com/transformational-coaching-resources

feel free to share this resource with attribution