Exercise

# Self-Awareness in the Workplace

 **Seeking and Utilizing Feedback for Self-Awareness**

Objective: To improve self-awareness by seeking and reflecting on feedback from others.

Instructions:

1. **Identify Feedback Sources:** Choose three colleagues, managers, or friends who you trust and feel comfortable receiving feedback from. Explain that you are working on improving your self-awareness and would appreciate their honest feedback.
2. **Ask Specific Questions:** Prepare a few specific questions to ask each person. For example, “Can you describe a time when you noticed me handling stress well?” or “Is there a situation where you think I could have managed my emotions better?”
3. **Reflect on Feedback:** After receiving the feedback, spend some time reflecting on what you’ve learned. Summarize the key points and any patterns you noticed.
4. **Action Plan:** Based on the feedback, identify one or two areas where you can improve your self-awareness. Develop a plan with specific actions you will take to address these areas. For example, if you received feedback that you often seem impatient in meetings, you might set a goal to practice active listening and to pause before responding.