

DEVELOP SELF-AWARENESS AND STOP LYING TO YOURSELF

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We all lie to ourselves. We are great at deceiving ourselves, because we don't really know ourselves. We blame others for our challenges, even when we're the primary cause.

It's not easy to get to know yourself. Most people don't want to know the truth. That's why distractions like food, TV, and the internet are so popular. It's easier to be distracted than to face the truth.

However, when you become self-aware, you can capitalize on your strengths and work around your weaknesses to create a life that truly satisfies you.

Learn more about yourself with these techniques:

- 1. Know your goals.** If you know your goals, it's easier to determine how to spend your time in a way that will support those goals. You also learn about yourself by determining what your goals are.
 - If you can't decide on any goals, ask yourself what part of your life needs the most work. Set a goal in that area of your life and stick with it. Your goals don't need to be perfect. Just decide on one that will enhance your life in some way.
- 2. Measure what's important.** Once you know your goals, it's necessary to figure out what's important and then measure those things. If you're trying to lose weight, it would make sense to measure your body weight and caloric intake. You might decide to measure your carbohydrate intake and your exercise, too.

- Suppose you're trying to save money. It would be reasonable to measure your income, spending, and savings on a regular basis.
- If you want to write a novel, you could measure how many pages you write each day and how many hours you spend writing.

3. Journal your activity each day. How did you spend your day? Once you know your goals and the relevant activities, measure the quality of your days. Each hour, write down how you spend that hour.

- A journal entry might look like: "6:00-7:00 PM: 20 minutes watching TV. 20 minutes exercising. 20 minutes working on my website.
- You might be surprised to discover how little time you're actually working toward your goals. Total up the amount of time that you were actually doing something productive. Be honest!
- Many of us believe that we're working hard. However, we're often busy doing things that don't affect what matters most to us.

4. Try to view yourself as others view you. This is extremely challenging. Few of us have an accurate idea of how others view us.

- Ask your friends and family. Beg them to be honest.
- Think about conversations you've had. Imagine someone else said the same things you said. What would you think about them?

- Think about how you handle common situations. Think about how you behave when you're grumpy, tired, stuck in traffic, excited, and so on. Imagine someone else behaving that way. What would you think of them?

5. Determine your greatest flaws. Take some time and determine what your greatest flaws are. What are you not good at? In what situations do you struggle? What are your weak points?

6. Ask your friends for insight. Ask your friends for advice. Tell them that you want to become more self-aware. Ask them to describe you, your strengths, and your weaknesses. They will be hesitant to be completely honest. Do your best to convince them that you'll be grateful for their honesty.

Self-awareness is available to all, but only pursued by a select few. **When you know yourself, it becomes easier to be successful.** You can maneuver around your weaknesses. You can take full-advantage of your strengths. You learn how to manage yourself and understand what makes you tick.

Are you brave enough to become self-aware? Try these strategies and find out!