Self-awareness is the capacity to view yourself objectively and precisely through self-examination and reflection. Once you understand your personality, which is your emotion’s driving force, strengths, weaknesses, and beliefs, you are in a position to understand others and how they perceive your attitude and reactions through that moment interactions. With the provided information, I believe self-awareness entails empowering yourself to do better continuously (Ref-f319225). Being in healthcare, you have to be self-aware of your surrounding and the reactions of your clients. When I joined the health care professionals first, I had a facial expression that would respond to your inquiries, and at times due to this, my leadership would skip over me. One of my mentors pulled me aside and mentioned to me that “you have exceptional intentions and have much value to this team; however, you should control your facial expressions to avoid being perceived as a person you are not.” Following this, I realized the need to work on myself and control my facial expressions from within. Accordingly, this helps me know myself better and communicate assuredly while being sensitive to my weaknesses.