

# SELF-AWARENESS

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**Self awareness** This is being aware of your emotions .

## 1 EMOTIONAL INTELLIGENCE

Its not about what you feel but also about what other people feel in the process of interacting with you.

1. **Self awareness** - Ability to recognize and understand your strengths , weaknesses and behaviors
2. **self regulation** - The ability to control ones emotions, behaviors and actions
3. **motivation** - Why people do what they do. every day
4. **social skills** - Effectively communicating with others and interacting with them in a community .
5. **Empathy** - The ability to relate and feel for others . Dont be selfish on your emotions

### Importance of Emotional Intelligence.

- stronger relationships
- Emotional intelligence helps us understand how we work , how we feel , how we operate.
- Leaders are not led by emotions.

### 1.1 Triggers of Emotional Intelligence

The triggers differ from people but some of the common examples include :

- people talking behind your back .
- Someone yelling at you
- Losing someone
- Isolation

## **1.2 Handling emotional upheaval**

1. Communicate when you are wronged

## **2 STRENGTH AND WEAKNESS**

This is what knowing your strength and weakness helps with

1. Deeper decision making
2. Enhanced self awareness
3. Resilience in challenges
4. Personal Growth

### **2.1 HOW TO OVERCOME WEAKNESSES AND ENHANCE YOUR STRENGTHS**

#### **2.1.1 OVERCOME WEAKNESSES**

- Self assessment
- Self feedback
- prioritize weaknesses
- Develop strengths

#### **2.1.2 ENHANCE STRENGTHS**

- Celebrate your strengths
- Integrate strengths into your daily life
- Continuous Improvement

## **3 TEMPERAMENT**

This is a person's normal emotional state

1. Choleric These are leaders
2. Sanguine The life of the party These are generally happy people
3. Melancholic Very critical Sensitive to criticism Over thinkers

## 4 Self definition and Personal Values

Write down 3 personal values

1. Organized
2. Friendly
3. Analytical

**Aligning** - Do you do these values in your day to day life? Do people say those are the values you speak about yourself  
What roles and responsibilities do you have ?

### 4.0.1 OVERCOME WEAKNESSES

- Self assessment
- Self feedback
- prioritize weaknesses
- Develop strengths

### 4.1 Benefits of Identifying roles and responsibilities

1. Enhanced Job satisfaction
2. Stronger relationships
3. Better decision making
4. Reduced stress

## 5 THE 5 BUCKETS OF LIFE

1. **Knowledge** - know more to communicate more
2. **Skills** - know how to do a lot of different important things
3. **Network** - People that know you and will speak for you when your are not around(guys who will back you up )-Lecturers
4. **Resources** -What do you have ? e.g land ,cattle , money , tech. If you are to buy land develop it
5. **Reputation**- How do people perceive you? Do people really see those values in you