

①

## Aspects of self awareness :-

### Mindfulness

#### Intuitions

Our ability to have right intuitions about our professional <sup>metters</sup> plays an imp role in our success in any profession.

→ Gandhi had a very strong intuitions

→ salt

→ charya

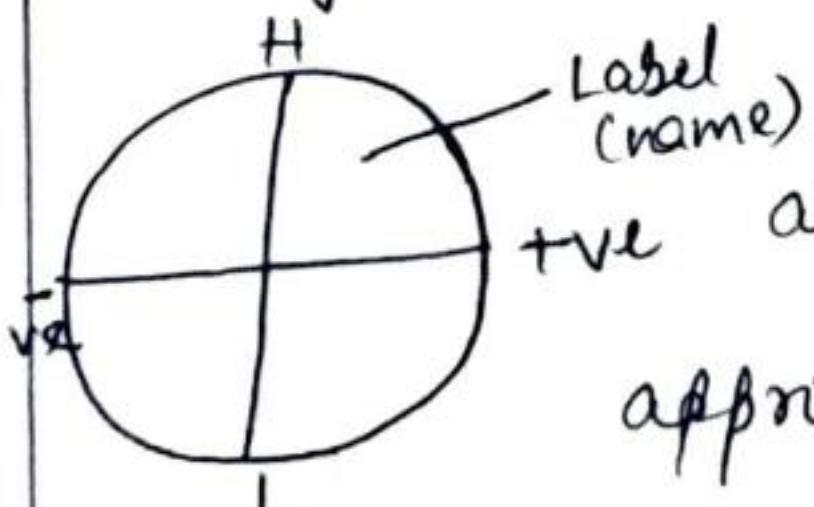
	Rational mind	Emotional mind
A	±	9,
B	+	9,
C	+	9,

→ Mindfulness → Intuitions

(100% in present moment)

On the basis of self awareness 3 emotional competencies have been identified :-

(1) Emotional awareness → It is our ability to know how our emotions influence our performance and to use our values to guide our decision making. People high in this competence



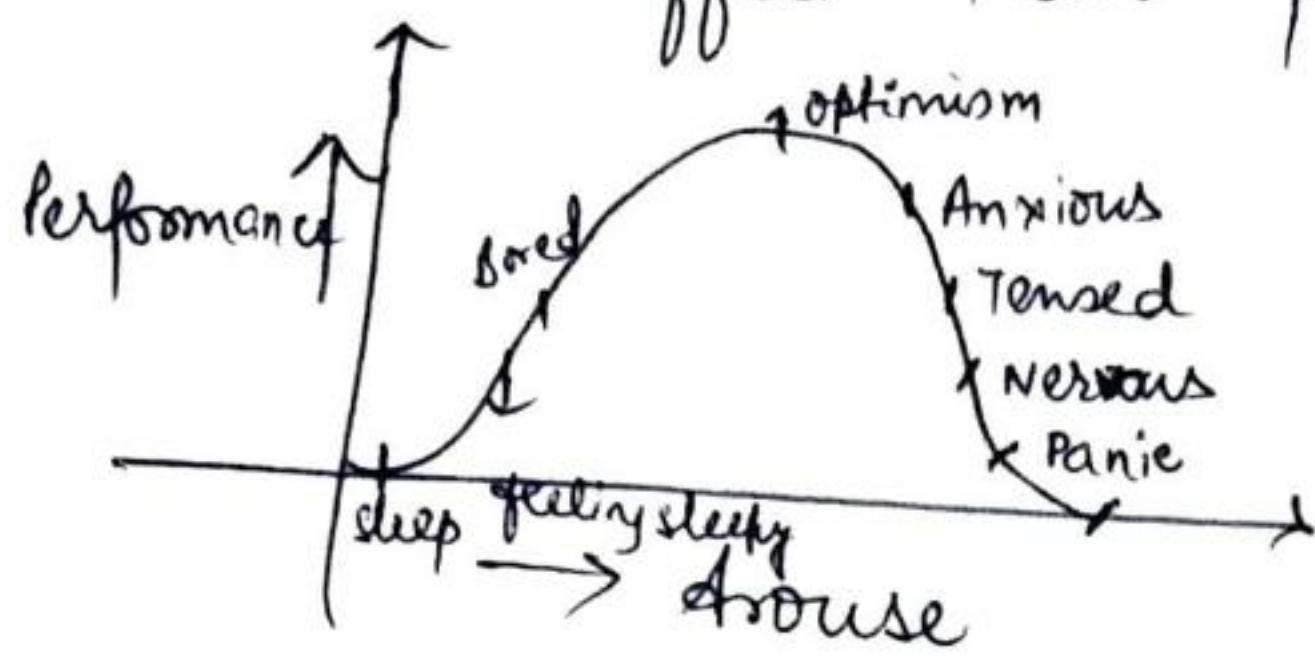
- ① They know which emotions they

+ve are feeling and are able to name them appropriately.

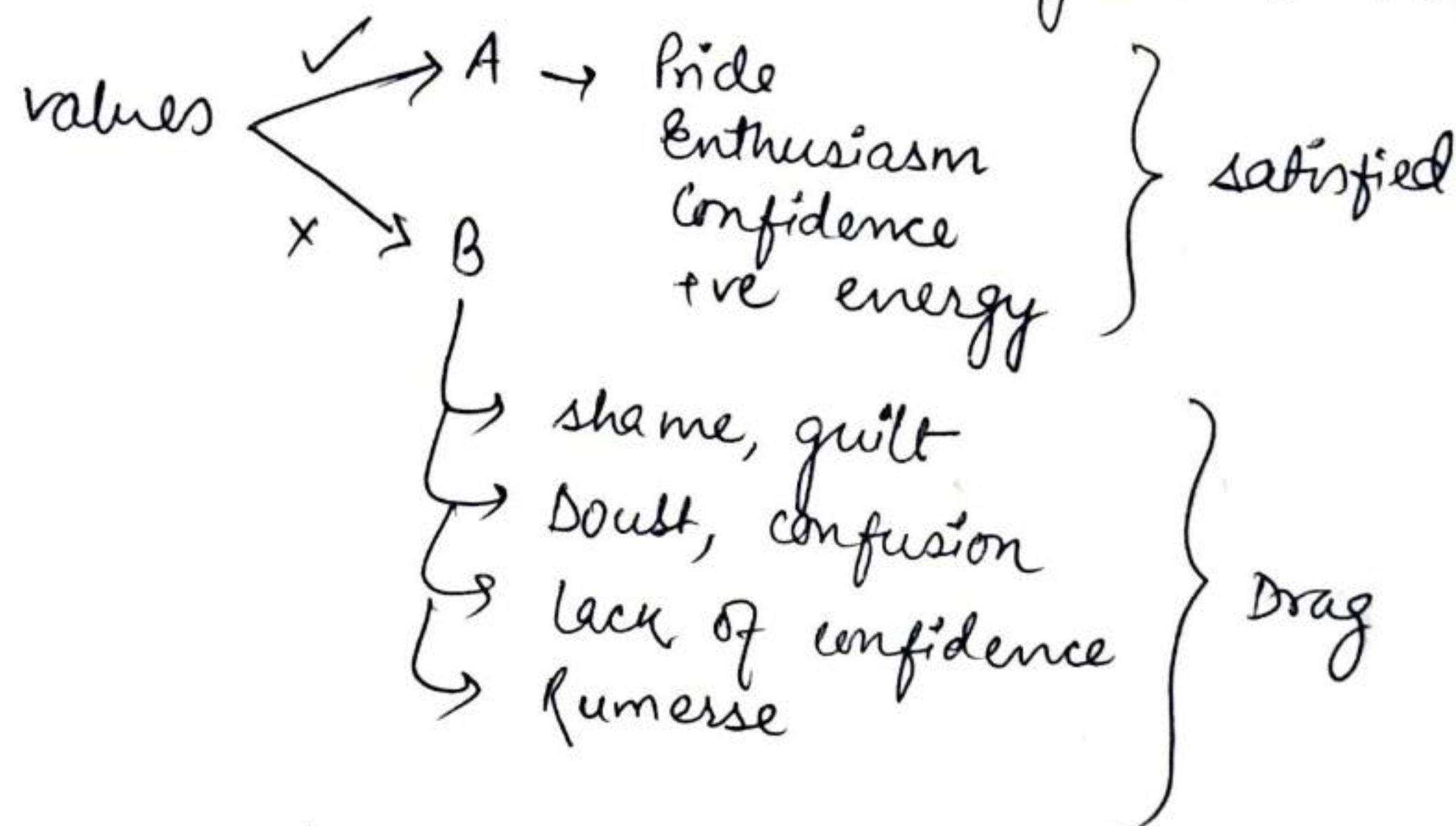
② They also know the causes of their emotions accurately.

③ They recognise how their emotions affect their   
 thought  
 speech  
 behaviors

④ They also recognise how their emotions effect their performance



⑤ They know their personal value and use them as a guide to take decision



Q. How to increase Emotional Awareness :-

1. Mindfulness Practice

\* A  $\geq 20\text{ min}$  [reflect about the emotional exp of the day]  $\rightarrow$  write in diary  
B  $\geq x$

The person who maintained the diary, improved their emotional awareness.

2. Journal / Diary :- In order to increase self awareness a person should spend some time everyday during which he should reflect about the emotional experience of the day, and write it in a diary. This makes him more attuned to his own life and increase self awareness.

3. Accurate self assessment :- It is our ability to know our resources and limitations. People who are <sup>high</sup> in this competence are aware of their <sup>①</sup>strength and weaknesses.



- ② reflective and learn from their mistakes.  
③ They are open to candid feedback and learn from that problems with feedback:-

- rare
- +ve feedback more likely
- ve " " rare
- higher hierarchy power reduces accurate self assessment.

$$ASA \propto \frac{1}{\text{Power}}$$

- Personal effort  
④ They show a sense of humour about themselves

4. Self confidence :- It is our ability to have strong sense of self worth and capability. People who are high in this competence present themselves with a self assurance, thus they 'have a presence'. They can express even those views and opinion which are 'unpopular with confidence'.

Ex:- By analysing judgements of supreme court of America, it was found that,  
from (1954 - 2006)

Even in the SC of America, 9:1 judgement was the rarest, so, it is very difficult to go against the majority alone, in practical sense.

{ 10 - 0 = ↑ = most likely  
9 - 1 = ↓ = least.  
8 - 2  
7 - 3  
6 - 4  
5 - 5

- \* They go all out of their way in order to do what they think is right.
- \* They are decisive and take sound decision despite pressure and uncertainty.

	<u>High</u>	<u>low</u>
1. Emotional awareness	satisfied	Regret
2. Accurate self assessment	succed	fail
3. self confidence	decisive	Indecisive
	good life	bad life

Liberation

Overconfidence = High self confidence & low accurate self assessment.

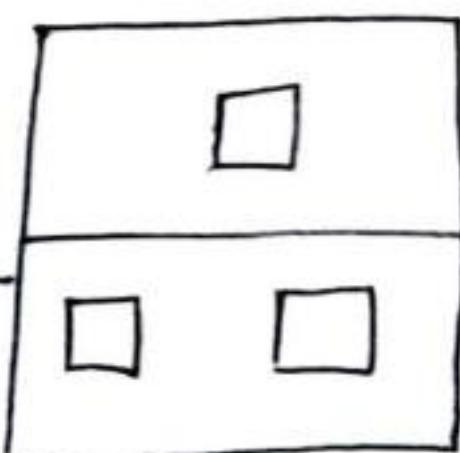
### self regulation :-

Emotions create an impulse in us to act in a specific manner. Our ability to control this impulse is at the root of all self regulation activity.

(Impulse =  $F \Delta T$ ) in physics

Ex Walter Michael, conducted an experiment called Marshmellow test, (4 yrs children)

A child was asked that if he can wait for 15 min, he will get 2 marshmallows, the moment experimental went away some child were so impulsive that they pressed the button and took that one candy, but those who wait for 15 min got 2 marshmallows. The children who wait have low impulse. The children were tracked after 25 yrs, ~~success~~ & found difference in their way of living. Impulse always distort the sense of time in us. #



Ex :- In a physical classroom, the moment you see your ~~see~~ friend sitting next to you, you feel the need of saying something, even though it is not necessary at that point of time, so, Impulse always create a sense of urgency.

## Impulse	-	-	-	
resist	family stable	long term relationship	Academic much better 2/10 more score in SAT exam	Better job

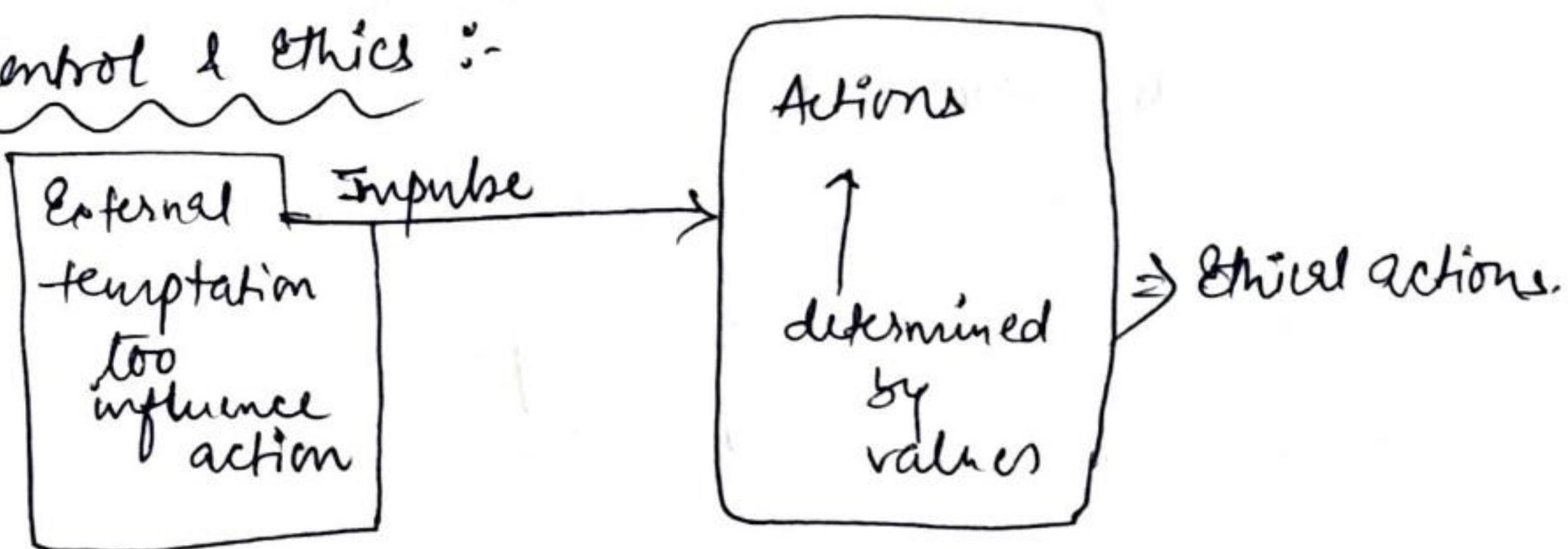
It is found that the extent to which a child at 4 yrs of age can control his/her impulse to get one marshmallow so that, he can get 2 (15-20) min later can be one of the most imp predictors of his later success in every domain of his life personal, social, academic and professional much more than even his IQ.

$$R = \text{saving} / \begin{matrix} \uparrow \text{health} \\ \downarrow \text{low medical cost} \end{matrix}$$

$$I = \text{obesity}$$

		<u>Impulse control</u>
		<del>low</del>
<del>Imm</del>	Low	→ Immediate gratification
	High	→ Delay of gratification strong will power.

Impulse control & Ethics :-



In order to act on the basis of values, we must be able to control our impulse created by some external impulse. Experts called Impulse control as master aptitude.