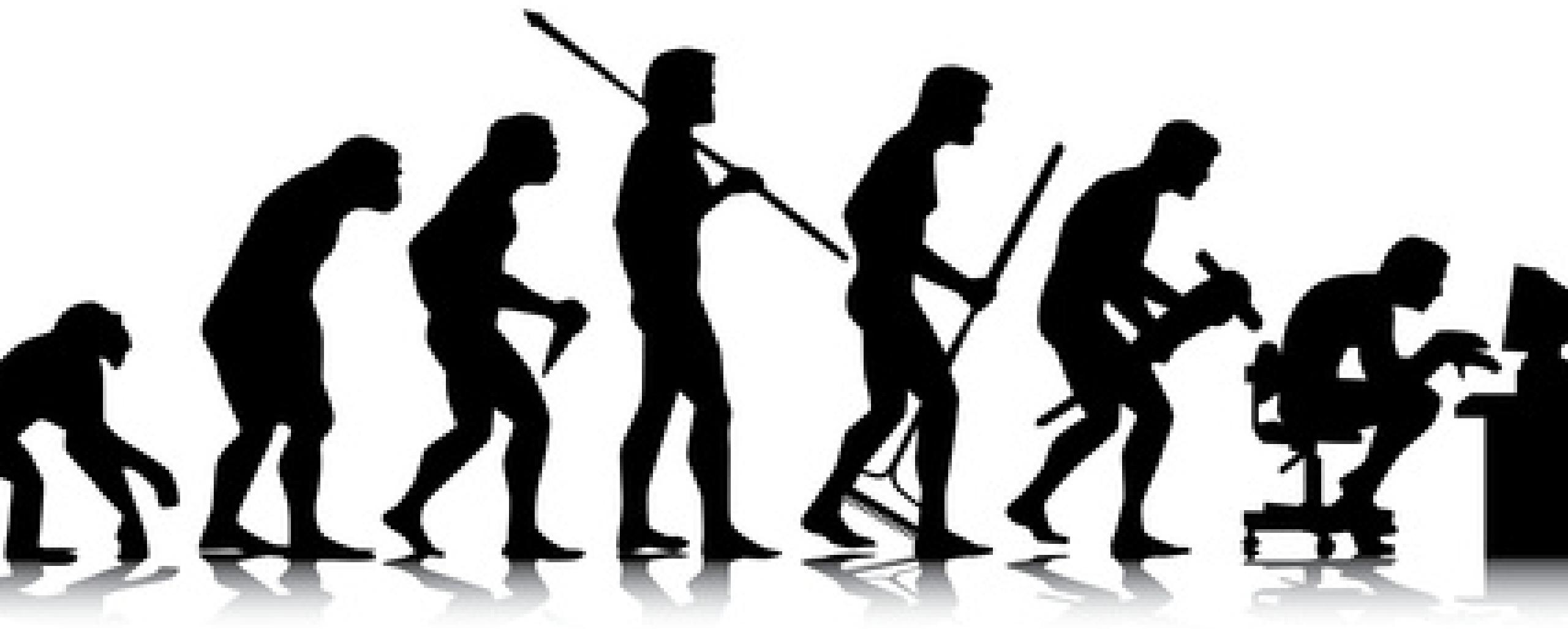


Self-awareness

Jason Edleman



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Introduction

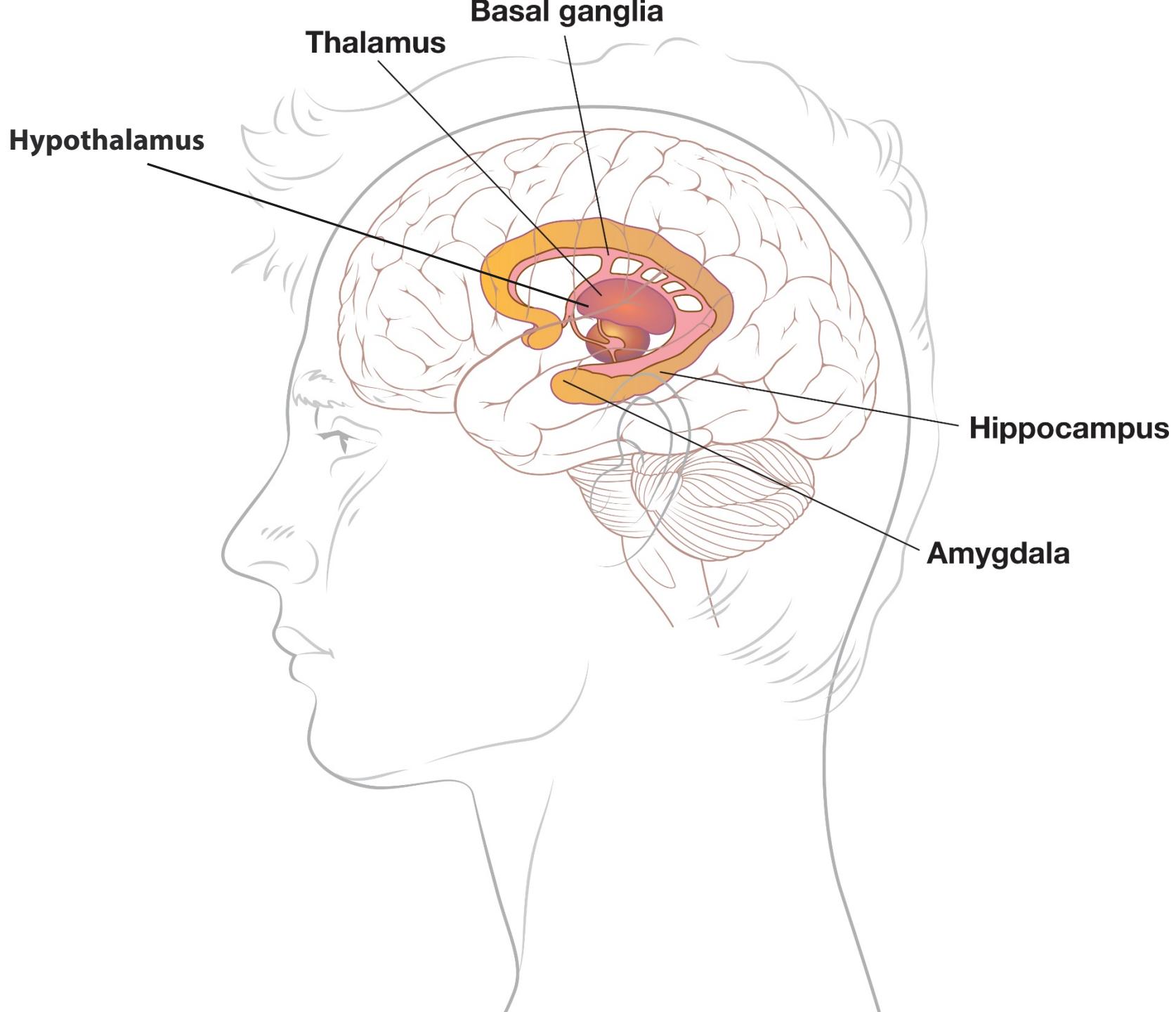
First competency:
Emotional Self-awareness

Introduction

Second competency:
Accurate Self-assessment

Introduction

Third competency:
Self Confidence



EXPERIENCE EMOTIONS
REMEMBER EMOTIONS

N.L.P.

Neuro-linguistic Programming





Deletions

To selectively pay attention to certain aspects of our experiences, omitting sensory information on purpose.

Distortions

To create misrepresentations of reality.

Generalizations

When we draw conclusions based on one, two or more experiences.

Values

Values are how we decide about how we feel about our actions, and they provide the primary motivating force behind our actions.

Beliefs

Beliefs are convictions or acceptances that certain things are true or real.



npower

Travis Perki

ESTER

THOMPSON

2

PERSIMMON

JARIN

3

PERSIMMON







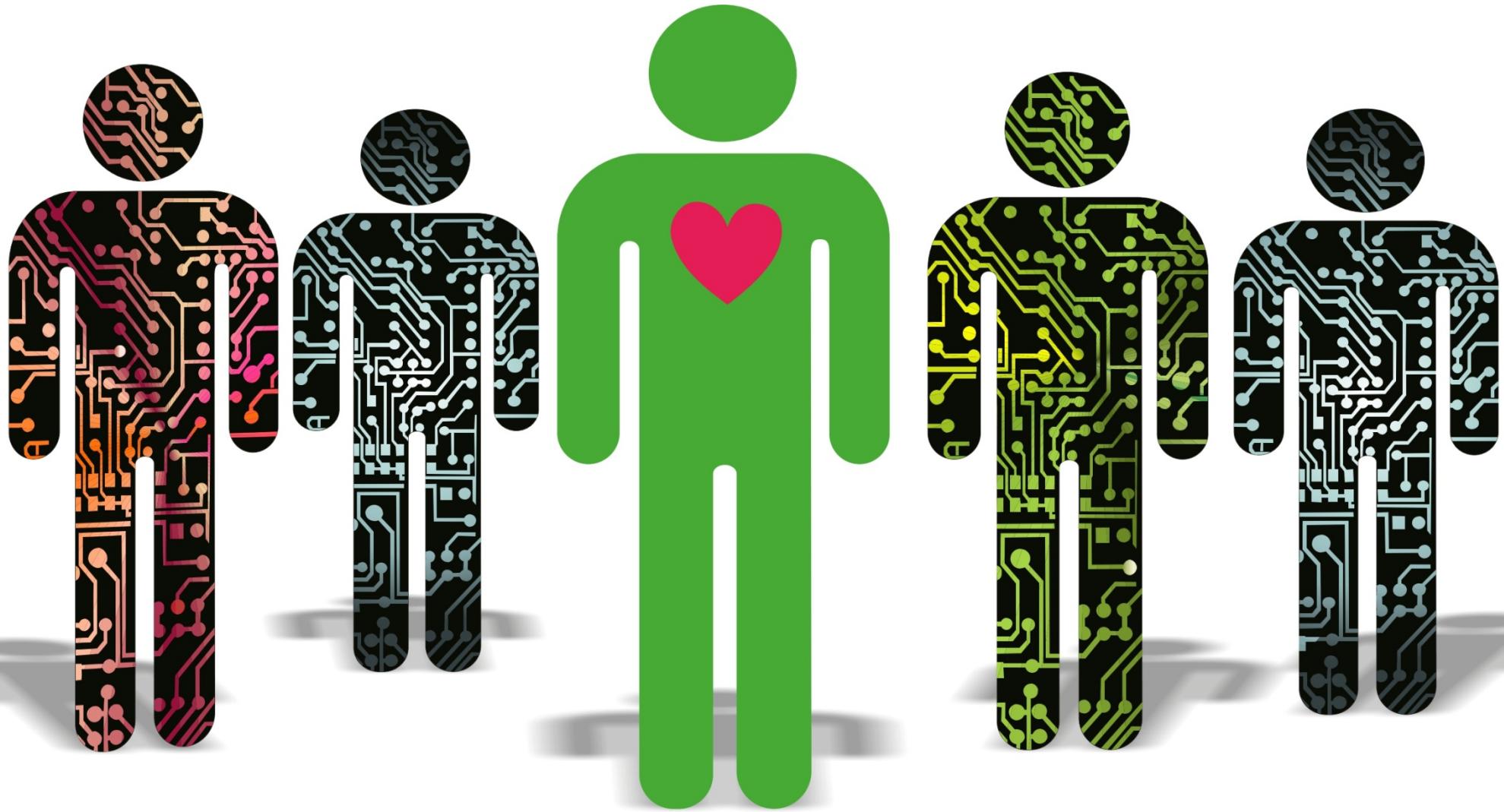






Attitudes

Attitudes are collections of values and belief systems around a certain subject.



VALUES
ATTITUDES

Memories

Emotional memories are stored in the brain and processed by the same areas that experience emotion.

Decisions

Past decisions may have created beliefs, values, attitudes, and even life themes.











THE MAP IS NOT THE TERRITORY

Tool: Personal Timeline



Tool: Personal Timeline

Start from birth
and go through today



Tool: Personal Timeline

Start from birth
and go through today

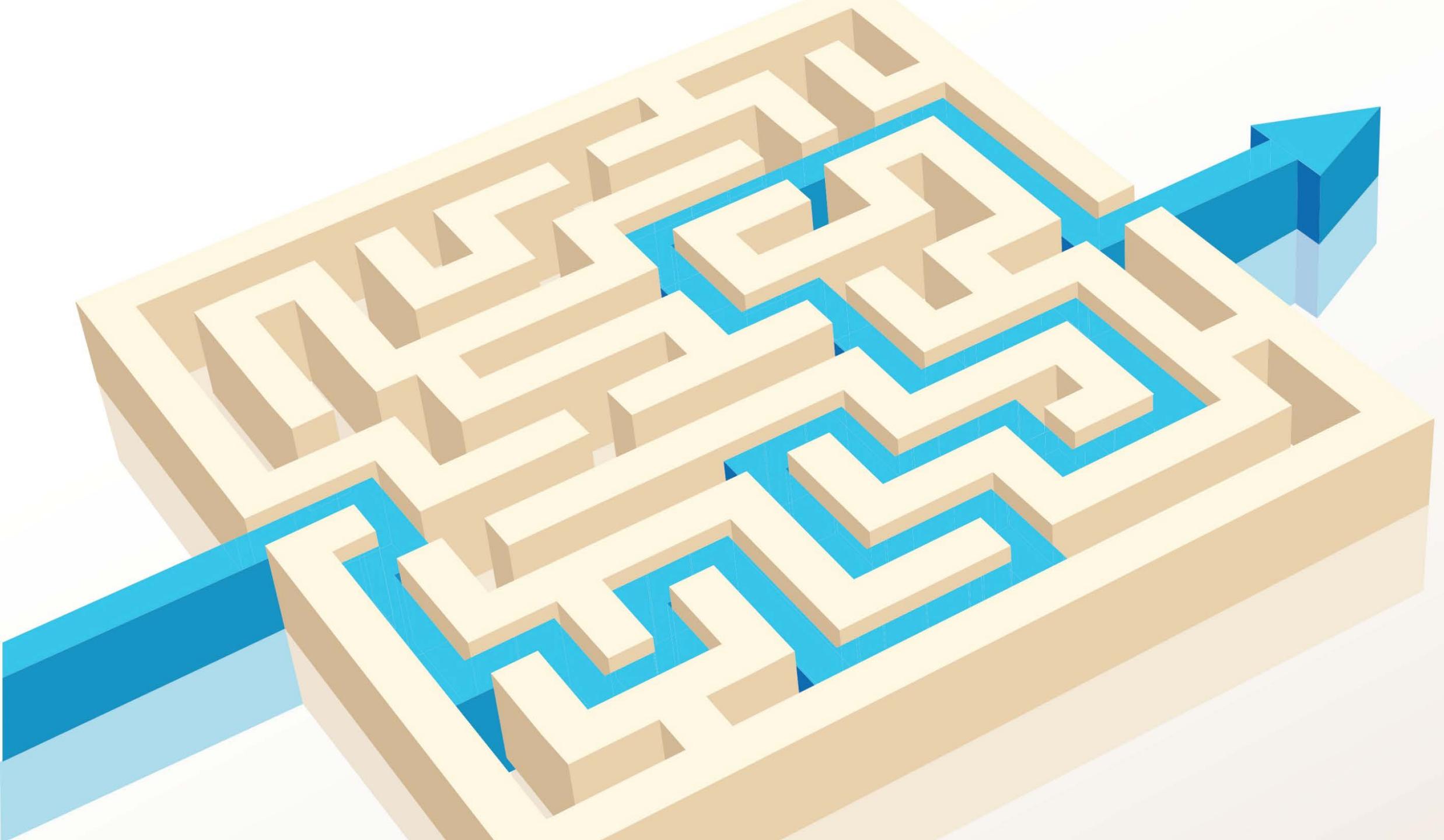
Note major memories,
decisions, milestones

Tool: Personal Timeline

Start from birth
and go through today

Note major memories,
decisions, milestones

Note historical events
or personal tragedies



Should I go to college?

What major should I choose?

What career should I choose?

Should I get married?

Should I have kids?

Should I change careers?





Tool

Looking at your values

What are your 3 greatest
accomplishments?

What are your 3 greatest
failures?

GIVE YOURSELF ADVICE



Tool

Looking at your beliefs

In the past 1-2 weeks, name
some strong emotions...

PICK ONE AND CONNECT

In that situation, what where
you _____ (emotion) about?

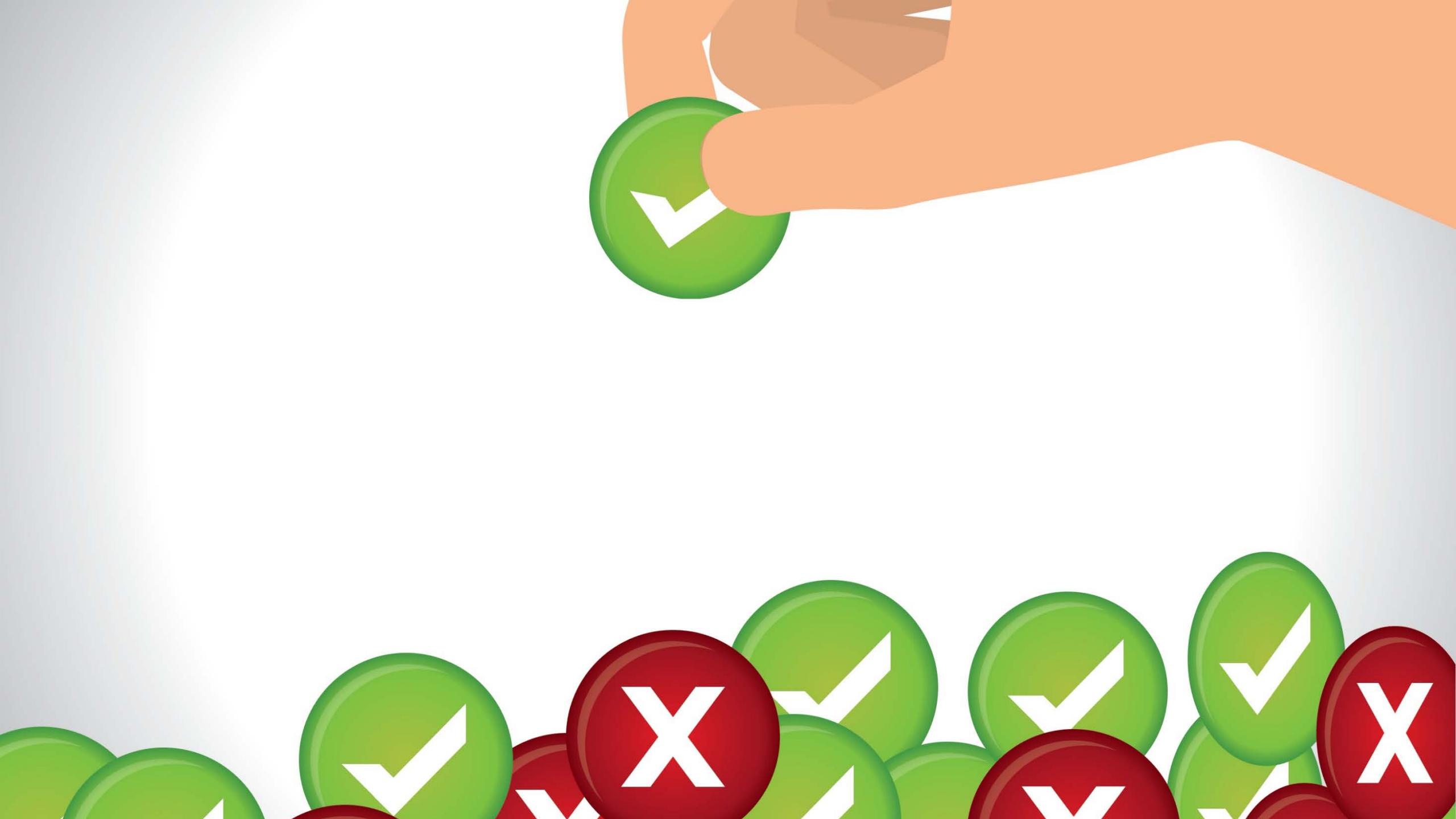
Why does it matter that _____?

(answer to previous question)



Tool

Looking at your attitudes



Tool

Looking at your physiology



PAY ATTENTION TO YOUR BODY



Self-awareness

Second competency:
Accurate Self-assessment























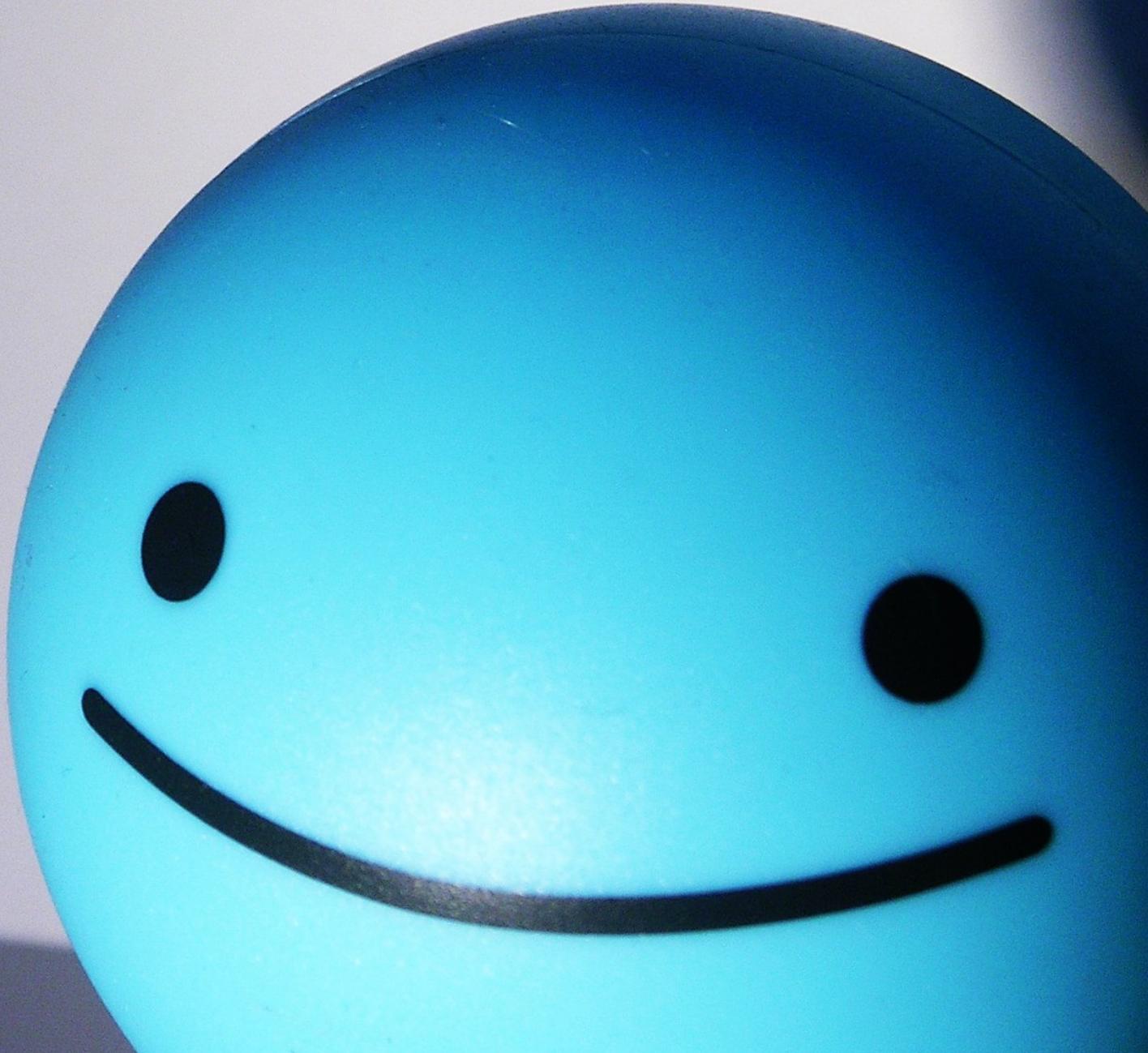
COU

INBAD Lengua española

Vox

27

Latin



Self-awareness

Third competency:
Self Confidence











2 Parts of Self-confidence

2 Parts of Self-confidence

Self Efficacy

Self Esteem

2 Parts of Self-confidence

Self Efficacy

We see ourselves mastering
skills and achieving goals.

Self Esteem

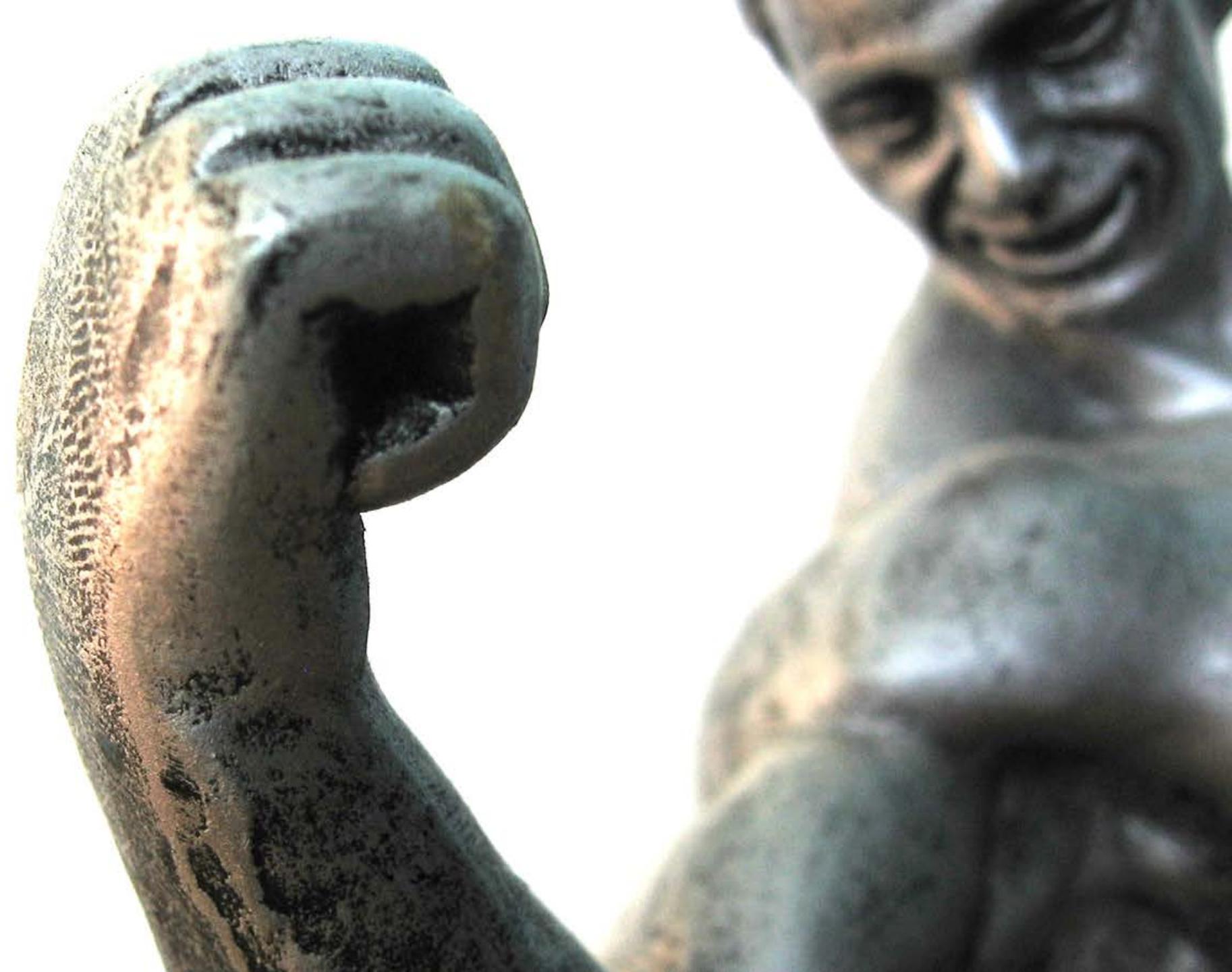
2 Parts of Self-confidence

Self Efficacy

We see ourselves mastering skills and achieving goals.

Self Esteem

We can cope with what's going on in our lives - we have a right to be happy.



SELF-CONFIDENCE EXERCISE



Do you do what is expected
rather than what you believe is
the right thing to do?

Do new situations make you
uncomfortable?

Do you feel positive and
energized about life?

Do you avoid the difficult?

Do you keep trying after others
have stopped?

Do you achieve your personal
and professional goals?

Do difficult situations make you
feel hopeless and negative?

Do you associate with people
who work hard but don't meet
their goals?

Do you receive positive
feedback?

If not successful at first, do you
lose interest?

Do you reflect on lessons
learned?

Do you believe that if you work
hard, you will achieve your
goals?

Are you in contact with similar
people who are successful?



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Behavior Comparison

Healthy Self-confidence

- Doing what is right
- Taking risks
- Learn from mistakes
- Let others praise
- Accept compliments
- Taking credit where credit is due

Unhealthy Self-confidence

- Censuring yourself
- Staying in your comfort zone
- Cover up errors
- Self praise
- Dismiss compliments
- Passing out blame when things fail

- Januarie
- anumai în stocul
- ech Mia OK
- ca la cufărăt
- uri CCT OK
- os - Macau Service OK
- ustala implementa la bătaie
- e lăsat ~~balota~~ + JCT+JV
- (OK)
- Schmid Site la Sonnen Bătu OK
- de acord cu Parcues OK
- incadă cu hibridă OK
- ap. Gaf OK
- UTP = S...
• STP = S...
• STP2 = S...
• STP2 = Deunătoare
este pe
- POP = S...
• LMAP = S...
• SGH = S...
• PRIMA













Summary

Self-awareness

Summary

First competency:
Emotional Self-awareness

NEURO-LINGUISTIC PROGRAMMING





Summary

Second competency:
Accurate Self-assessment

Summary

Third competency:
Self Confidence



- Januarie
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- baie + JCT + V
- pt. CCT + MAP FM + GOSAR OK
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- PRIMA

THE MAP IS NOT THE TERRITORY

Next Up

Self-management