

# What's in it for me? Find yourself without trekking through the Himalayas.

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Self-awareness is a uniquely human quality, but it's something few of us truly have. And that's a shame because it's an extremely useful tool in our personal and professional lives. Being familiar with our own feelings and being aware of how others see us is crucial to successfully navigating social situations, both at home and at work.

These blinks will teach you to recognize damaging thoughts and behaviors in yourself and others. Step by step, you will learn how to deal with your emotions and how to request and receive feedback in order to make positive changes.

And it's not just about individual self-improvement. You'll realize that self-awareness is a group activity, which will help your entire team work better together.

In these blinks, you'll find out

- what naming your child Luxx might say about your self-perception;
  - how taking five minutes today can improve your entire day tomorrow; and
  - that if your partner doesn't pick up on romantic cues now, they probably never will.
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