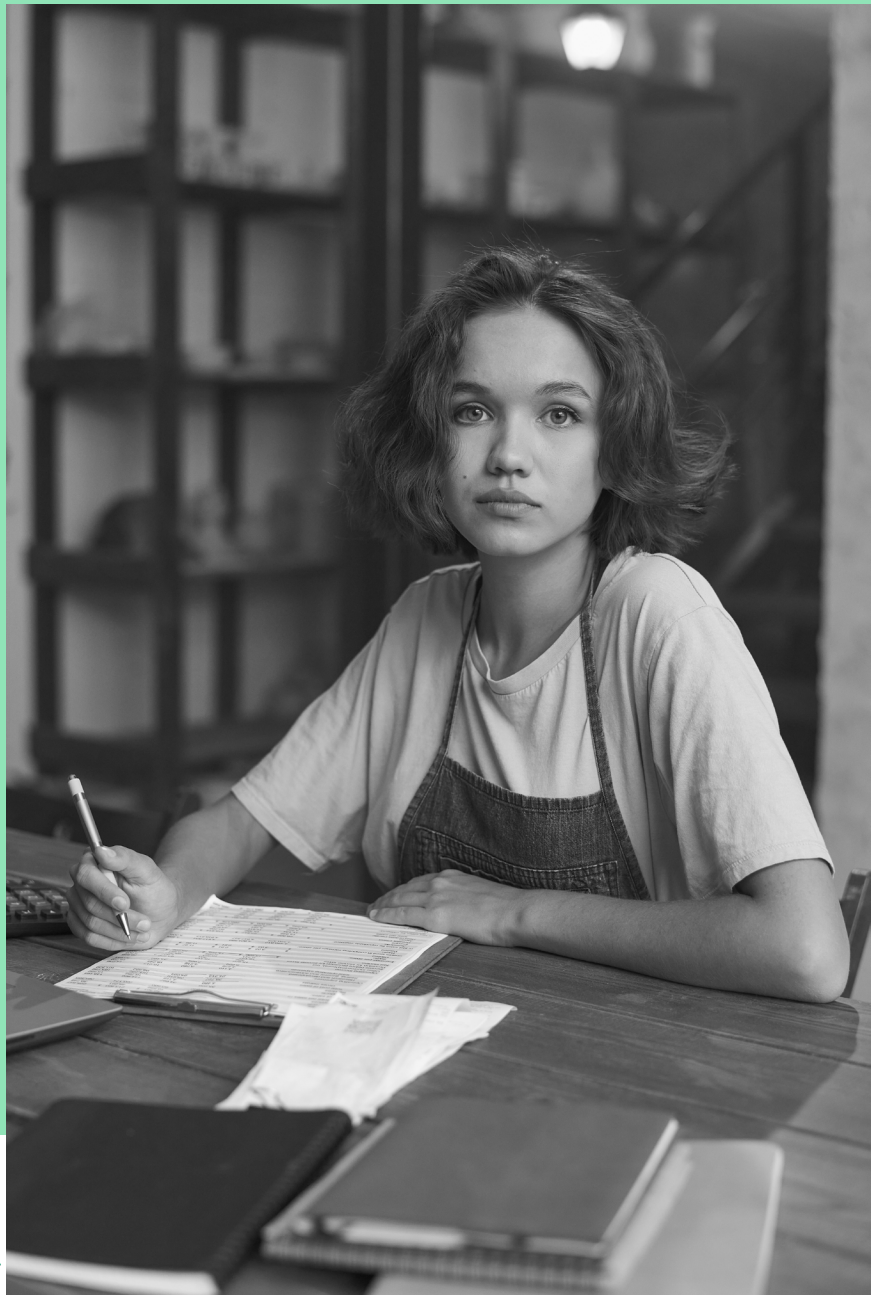




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Helping Adults Identify and Get on the Right Career Path

Tip Sheet for Self-Awareness



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Tip Sheet for Self-Awareness

<p>Did you Know? Start by introducing a fact about the CM Skills in Question</p>	<p>Did you Know?</p> <p>Self-Awareness is about being aware of your feelings, mental well-being, and how you are doing. Self-awareness should help you to better understand not just yourself but how other people see you. A major component of self-awareness is being conscious of your strengths and weaknesses. So, what you are good at, what you can do, and what you might need to develop further. This is particularly influential as it will help you in determining what career path you wish to choose in the future.</p>
<p>Tip #1 for developing the CMS:</p>	<p>Tip #1 for developing Self-Awareness for Employment:</p> <p>Journaling: Journaling can allow you to connect with your inner self on a deeper level and can assist in developing your self-awareness. Journaling each day can be used as a tool to reflect on your thoughts, and feelings and keep track of what occurred during the day to cause these (commonly known as 'triggers'). This tool can provide you with the power to identify these triggers and, in time, hopefully, prevent them from occurring as you continue to develop your self-awareness and as you learn to control your emotions and triggers.</p>
<p>Tip #2 for developing the CMS:</p>	<p>Tip #2 for developing Self-Awareness for Employment:</p> <p>Mindfulness Practice: Mindfulness enables you to be conscious of what is happening within your mind, body, and your environment. Meditating is one of the few practices that you can insert into their daily routine. Meditating for just a few minutes every day can help with enhancing your awareness at a specific moment in time. It is a method to observe your thoughts and emotions. Practicing mindfulness is a great tool for developing greater self-control.</p>
<p>Tip #3 for developing the CMS:</p>	<p>Tip #3 for developing Self-Awareness for Employment:</p> <p>Getting out of your comfort zone: When trying to grow your self-awareness, it might be beneficial to get out of your comfort zone and immerse yourself in new experiences. This helps us to discover more about ourselves and to experience new things that we may not have had the opportunity to do if we only stayed with our usual habits. For instance, you might consider taking the lead on a project for work even though you might never have led one before.</p>
<p>Links to Additional Resources/ Videos:</p>	<p>"More time on your hands? 11 ways to use it to reflect on your career" [Blog] https://tinyurl.com/y935crd8 [HAYS]</p> <p>"Career Personality Profiler" [Blog] https://www.truity.com/test/career-personality-profiler-test [TRUITY]</p>

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Project Number: 2021-1-HR01-KA220-ADU-000026101