Mind map

Self-awareness: what it is and how to develop it

Self-awareness

What it is

- Observing yourself honestly
- Recognizing emotions, patterns and real values
- Seeing clearly, even what's uncomfortable
- Choosing to act instead of react

The foundation

- Emotional intelligence starts with your own emotions
- Leadership requires knowing your own style
- Decisions improve when you know your biases
- Only what you see can change

Four pillars

- Emotional awareness: naming what you feel
- Pattern awareness: reactions that repeat
- Values awareness: what truly matters
- Impact awareness: your blind spots

What sabotages it

- Impostor syndrome distorts your sense of competence
- Self-sabotage works against your own goals

Support tools

- DISC, Johari Window and emotional intelligence
- They name and direct what feels vague
- A starting point, not a verdict

Action plan

1. Ask for honest feedback and listen without getting defensive
2. Record and review your reactions each week
3. Use structured behavioral assessment tools
4. Watch your body signals: tension, sleep and breathing
5. Create pauses between stimulus and response

Key takeaway

Self-awareness is an ongoing practice: you can only change the patterns you are able to see.

Author: **Vagner Soares**
Graphic art: **Yago Soares**
vagnersoares.com.br