

# Self-Awareness

## A crucial ingredient for self-improvement



### Self-Awareness

The ability to notice what is happening within yourself.

To know thyself is the beginning of wisdom ~Socrates

### Ways to get to know yourself better

<p><b>Listen to yourself</b></p>	<p>How do you talk to and coach yourself (inside your own head)? How do you respond when things go well vs dont go well? Are you positive, negative, productive or unproductive?</p>
<p><b>Notice your responses to Feedback</b></p>	<p>Get curious about how you respond to information coaches, teammates or others give you. How do you respond and take on board the information?</p>
<p><b>Discover your blind spots</b></p>	<p>Talk to those you trust about what they observe to be things that interfere with your performance. This requires some tough skin but can really help you learn and act to improve your habits.</p>
<p><b>Record and watch yourself</b></p>	<p>Observing footage is more reliable than memory to look at what is happening in performance. Keep an eye out for body language, where your eyes are focused and routines behaviours.</p>
<p><b>Be clear on your goals</b></p>	<p>Spend time thinking about what you truly want versus what others may want for you. What are your goals and why are they important to you? These goals then take priority in training, guiding your focus and action.</p>
<p><b>Learn your warning signs</b></p>	<p>Be on the lookout for when and how you get down on yourself. What happens when your performance drops or you notice yourself spiralling or stuck? Knowing this allows you to develop a plan to overcome it.</p>
<p><b>Post-Training and Post-Game Reflection</b></p>	<p>Use a journal to record the things you notice. You can make a habit to do this briefly after every game and training session. It only needs to take a few minutes. Ask questions like: did I achieve my goals? Did I follow my game plan? What went well and not so well? What could I work on in practice based on this performance?</p>