



4 Common Misconceptions of Self-Awareness – And How to Overcome Them

continuation

Just think of the last time you were well-nourished and supported, how did it impact the way you looked at – and related to – others? Keep in mind, I'm not suggesting that you focus on yourself all the time! That's the difference between self-awareness and self-absorption.

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It's crucial to take breaks from an internal focus. Making a point to connect to your environment and the people around you is an awesome counterbalance to building self-awareness.

4. Focusing on myself is the best or only way to create positive change. Contrary to the third misconception, there may be a tendency to think the only way to create positive change is to focus on yourself. In spite of the fact that self-awareness (and self-improvement) begins with the word “self,” neither is purely intended as a solo endeavor.

Ideally, as you improve your awareness of who you are, including what you need and want, you'll simultaneously become more aware of others' values and needs – and make a point to connect on this level. Along the same lines, recognizing your interdependent nature, a deceptively simple task, is more straightforward when you foster awareness of your greatest hopes and fears in relationships.

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In the end, I hope you'll offer yourself the same warmth and curiosity you'd offer a dear friend when it comes to getting to know yourself. It's important to remember, curiosity isn't something you have to go out and learn. Just think about the natural disposition of a child, hungry to understand the way the world works and full of wonder about simple things. This innate curiosity is yours to reclaim and leverage in simple, creative ways that support your growth and evolution.

As Lao Tzu said, the journey of a thousand miles begins with one step. Which step will you take to further your self-awareness and self-understanding? May it be one that excites you!

Written by eM Life teacher
Breon Michel