

5 Ways to Cultivate Self-Awareness

1. Create Space And Time
 - Connect with yourself daily
 - Avoid digital distractions
 - Carve out solitude
2. Practise Mindfulness
 - Pay attention to your inner state as it arises
 - Try mindfulness walking, eating, listening
3. Journal Your Awareness
 - Process your thoughts through writing
 - Record your inner states
4. Practise Listening
 - Pay attention to speaker
 - Observe emotions and body language
 - Don't judge or evaluate
5. Gain a different perspective
 - Ask for feedback