

# Day 4

## Self-awareness

### What is this squiggly skill?

Self-awareness helps you understand yourself and understand how other people see you too. It helps you build better relationships and make better career choices.

### Go to Guru



**Tasha Eurich**  
Author of *Insight*

### Recommended Listen



**Squiggly Careers #246**  
How to accelerate your self-awareness

### Ideas for Action



#### Ask contrast questions

Use questions that make you look at situations from different perspectives:

*"I'm at my best when../ I'm at my worst when.."*

*"I'm most looking forward to../I'm least looking forward to.."*



#### Regular journaling

Journaling regularly can help you become more aware of your thoughts. Writing down 'facts vs. your feelings' about a situation can be a helpful structure to start journaling.