

Know Thyself and Be True

Quick Reference: 15 Principles for Self-Awareness

1 Know what drives you.

Understand your values, motivations, fears, and ambitions.

2 Know your strengths and their shadows.

Every strength, when overused, can become a weakness.

3 Know your impact, not just your intent.

What matters isn't only what you mean. Pay attention to how others experience you.

4 Notice what triggers you.

Strong reactions are often clues to something deeper.

5 Question the story you're telling yourself.

Your interpretation of an event isn't necessarily the truth.

6 Get curious before getting defensive.

Feedback that stings may contain something worth learning.

7 Own your part.

You can't control everything that happens, but you can examine what you contributed.

8 Don't confuse who you are with what you do.

You can acknowledge a mistake without making that mistake your identity.

9 Make room for contradiction.

You can be confident and uncertain. Strong and vulnerable. Successful and still learning.

10 Let your values make the hard decisions.

Values matter most when following them costs you something.

11 Say what you mean and live what you say.

Alignment between beliefs, words, and actions is integrity.

12 Know when your ego is in the room.

Ask yourself: am I trying to solve the problem, or am I trying to be right?

13 Choose your response.

Self-awareness creates space between impulse and action. In that space lives a choice.

14 Stay teachable and #neverstoplearning.

The moment you believe you've figured yourself out, you've probably stopped paying attention.

15 Be willing to change without losing yourself.

Being true to yourself doesn't mean staying the same.
