

Steps to Build External Self-Awareness

Use the following steps to build external self-awareness.

1. Take a quiz to get a sense of your self-awareness style. For example, you might choose The Eurich Group's (2022) Insight Quiz, available at www.insight-book.com/quiz.
2. Write down the names of two or three caring colleagues who will give clear answers to the questions in the quiz (Hedges, 2019).

What is the general perception of me?

What could I do differently to have the greatest impact on my success?

What themes have I discovered?

How will this knowledge help me?