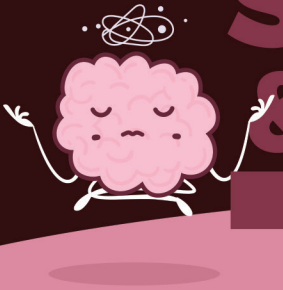


# SELF-AWARENESS & MENTAL AGILITY

## HIGH-IMPACT SKILLS



**SELF-AWARENESS IS KNOWLEDGE OF SELF. IT GROWS OVER TIME AND REQUIRES DAILY SELF-REFLECTION. IT CAN BE GAINED BY DOING THE FOLLOWING:**

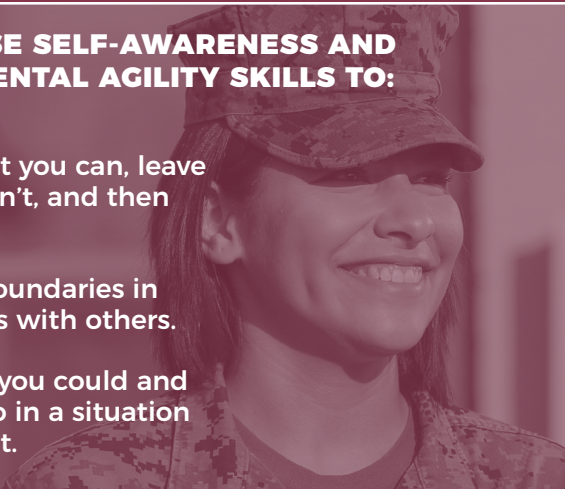
- Use breathing techniques to relax.
- Compartmentalize thoughts into boxes and lock them away. Unlock the boxes when you have time to process the thoughts.
- Identify feelings we experience in response to situations.

**INSTEAD OF ASKING WHY ME, ASK:**

- o What about me are people responding to?
- o What is most important to me?
- o What could I have done to contribute to a different outcome in a situation?

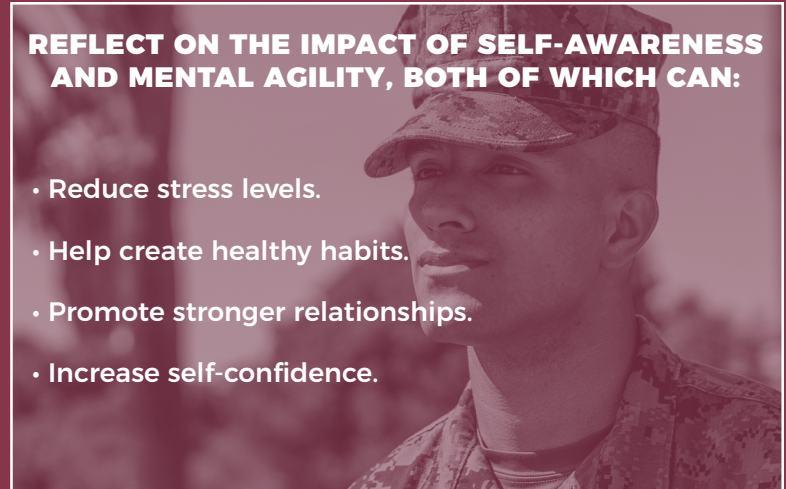
**USE SELF-AWARENESS AND MENTAL AGILITY SKILLS TO:**

- Control what you can, leave what you can't, and then move on.
- Know the boundaries in relationships with others.
- Know what you could and could not do in a situation and accept it.



**REFLECT ON THE IMPACT OF SELF-AWARENESS AND MENTAL AGILITY, BOTH OF WHICH CAN:**

- Reduce stress levels.
- Help create healthy habits.
- Promote stronger relationships.
- Increase self-confidence.



**MENTAL AGILITY IS SHIFTING FROM ONE BRAIN STATE TO ANOTHER AS NEEDED AND/OR DEPENDENT UPON THE SITUATION.**

All of these might be needed within one day and require different mental states:

- Focus on being a high performer at work.
- Focus on skills while playing a sport.
- Focus on calm, deep breathing when at the shooting range.
- Focus on active listening and nurturing communication when parenting.
- Focus on emotional intimacy when around spouse.

Make the shift by being calm and having no unresolved feelings when leaving one brain state and going into another. If there are unresolved feelings, compartmentalize them until they can be picked up again at a better time. This can help you shift calmly from one mental state to another.

