

## Presentation: Self Awareness: How it Creates Better Leaders

Complete a Self-Awareness Self-Assessment:

**Link to article and self-assessment: <https://inlpcenter.org/self-awareness-test/>**

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How self-aware are you? Do you have enough curiosity to take a penetrating self-awareness test with a few twists? The quiz on this page will inspire you to think about areas of life you may have never considered. It could be challenging. That's good!

Why? Because enlightenment **begins** with self-awareness. This quiz puts self-awareness in a framework that creates insight. On a journey toward greater enlightenment, this could be a tool you've been missing. Most people report more than one aha-moment. Sound good? Any good self-awareness test considers what goes on beneath the surface.

The iNLP Center uses the diagram above when teaching the NLP Meta Model, which is a set of questions that probe beneath the surface of vague communication. The Meta Model opens the door into a whole new world of self-discovery. Some of these discoveries are featured in our self-awareness test. The unconscious becomes conscious: Enlightenment! The self you can be aware of is much more than the conscious mind. Neuro-Linguistic Programming suggests much of our thinking and communication lies outside conscious awareness (non-verbal communication, to give one simple example, goes largely unnoticed by most). Non-conscious thoughts and communication have a much greater impact than what we consciously notice. Here's a great post that cites research on this.

Likewise, your unconscious mind has a greater impact on your life than you can imagine. For example, 90% of decisions are made unconsciously, according to research. You only know what you've decided moments after the fact. Doesn't it seem important to increase self-awareness? The more aware you are; the more choices you have!

10 Self-Awareness Test Categories:

### 1. INNER SELF – VISUAL, AUDITORY AND KINESTHETIC

A classic model of neuro-linguistic programming, the VAK model suggests we process information on the inside through seeing, hearing and feeling. Further, our processing is redundant. In other words, seeing an internal image will inspire feelings about the image and sounds either related to the image or our own inner commentary. Seeing, hearing and feeling all work together.

## 2. PERSONAL PARADIGM

A personal paradigm is a worldview. It answers questions about how life exists and why we're here. There is a God who created the universe. There is not a God. People are basically good and here to help each other. People are animals interested in survival. And so forth.

## 3. PERSONAL BELIEFS: POSITIVE AND NEGATIVE

Personal beliefs are perspectives about what is true (for you). In the self-awareness test, we'll focus on your internal beliefs related to who you are and what you're capable of accomplishing in the world.

## 4. LIFE VALUES

Life values are indications of what's important to you in life. You can trust that a value is important to you (or congruent) when it successfully guides your decisions. So, if health is important to you, then you will make healthy decisions. If success is important to you, then you'll make decisions and spend your time in ways that lead to greater success.

## 5. INNER CONFLICT

Inner conflict is part of the human condition. It happens when your beliefs conflict with each other. For example, you may believe you are capable of succeeding in life. At the same time, you may harbor doubt about your abilities. This is a sign of inner conflict. You may also have values that conflict. You may value security because it helps you feel safe. At the same time, you may love freedom. These two values may lead to conflicting desires and difficult decisions.

## 6. STRESS AND NEGATIVITY TRIGGERS

Triggers are those things in the outside world that automatically set you off into a negative state. A classic example is someone running their fingernails down a chalkboard (although chalkboards aren't so common anymore.) This might make you cringe instantly.

When you find yourself in a negative state, there is always a trigger. Something that prompted your reaction. A particular tone of voice or seeing a specific object (dirty socks on the floor) might trigger you, for example.

## 7. INNER PARENTS

The influence of parents or primary caregivers is pervasive. Nobody leaves childhood without taking their parents with them on the inside. Beliefs, values, behaviors and personal paradigms are all heavily influenced by parents during formative years. How are you carrying your parents?

## 8. PERSONAL LIMITATIONS

We all have limitations. Some of these are self-imposed, usually due to limiting beliefs. Others are legitimate limitations to our intelligence and natural skills. For example, I know I do not have the intellectual capacity to formulate physics theories like Einstein. I know I can't beat Roger Federer in tennis. In this case, the word can't is not a negative term. It's simply the truth about the limits of my skills or natural gifts.

## 9. SELF SABOTAGE

Your own worst enemy! Do you know why you sometimes sabotage your success? Do you know how – or understand the intention behind self-sabotage? This part of the quiz will highlight how you might get in your own way.

## 10. YOUR FUTURE

People are naturally goal-oriented. We move toward what we want. Consciously setting goals is one way to be intentional about the future. This section of the self-awareness test will help you learn where you stand in this area.