New Experiences

Immerse yourself in new things. This will help you to step outside your comfort zone and give you chance to learn how you act, think, and feel. You will find yourself creating more opportunities to discover more positive qualities about yourself!

Gain Feedback

It can often help to gain an outside perspective on our character. Finding someone you trust who can share their perspective on your attitudes traits and behaviors can help you become more self-aware. I will admit it isn't always easy to accept feedback gracefully!

Identify Triggers and Negative Emotions

Understanding what things can have a great impact on your emotions can go a long way. This can help you to be more selective of the people, places, and situations you chose to engage with. Asking questions such as "What did the other person say to cause me to feel this way, and is this something I want to feel regularly?

Question Opinions and Beliefs

To challenge yourself and what you believe is an amazing way to learn more about who you are. It can help increase awareness of your thoughts and also bring to light some biases and behaviors that stem from those thoughts.

Understand and Define Core Values

Core Values are the principles that guide you through life. Reflecting on times in your life when you felt happy, uplifted, and empowered, will help clarify your core values. Recognizing what is the most meaningful to you can guide your future self!

Keep Record

When you write things down you can always go back and identify common triggers. You will also be able to reread what you have written and get a better sense of how far you have grown. I don't believe there is a right or wrong way to keep records, so experiment with different types of writing. Maybe start small with just a sentence a day!