

# The Value of Self-Awareness

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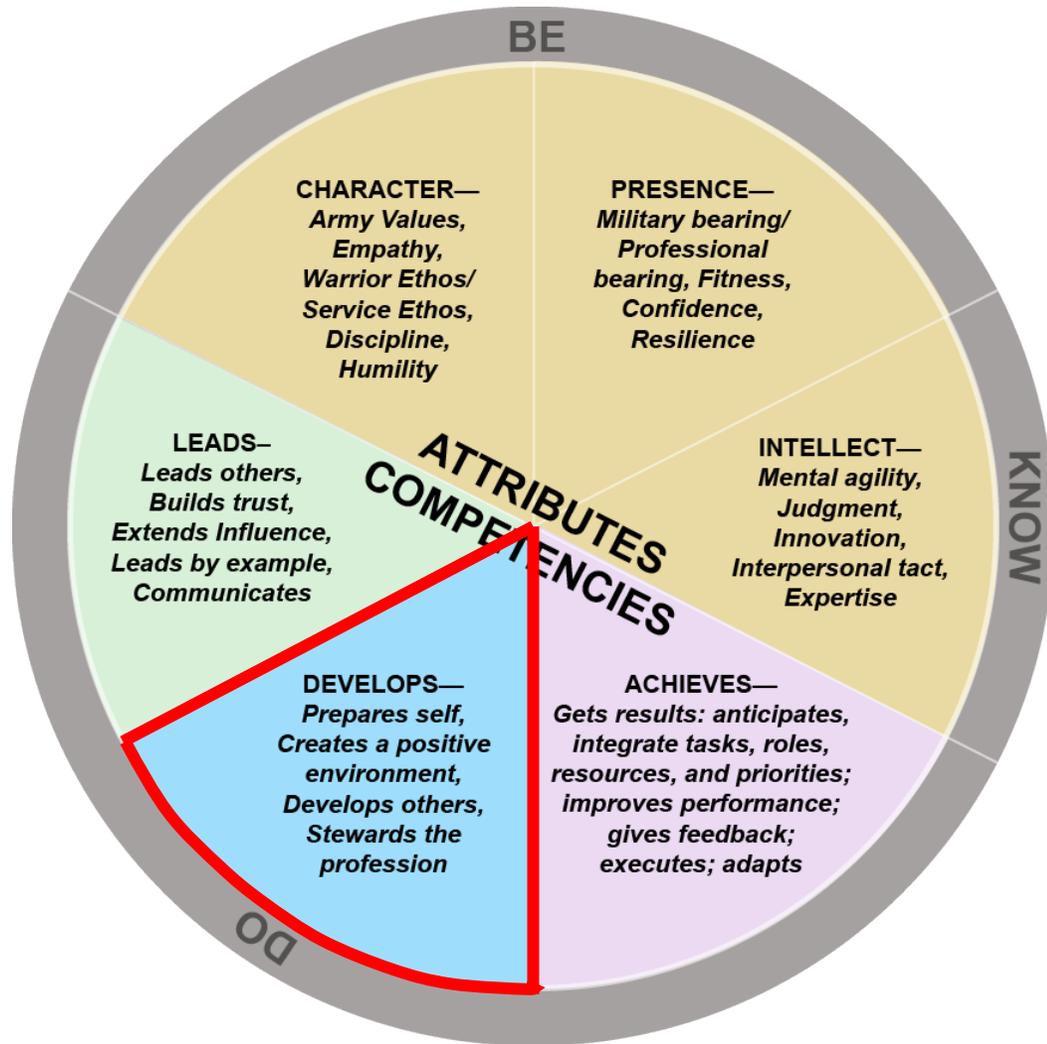
Leader Professional Development

United States Army

Center for Army Leadership



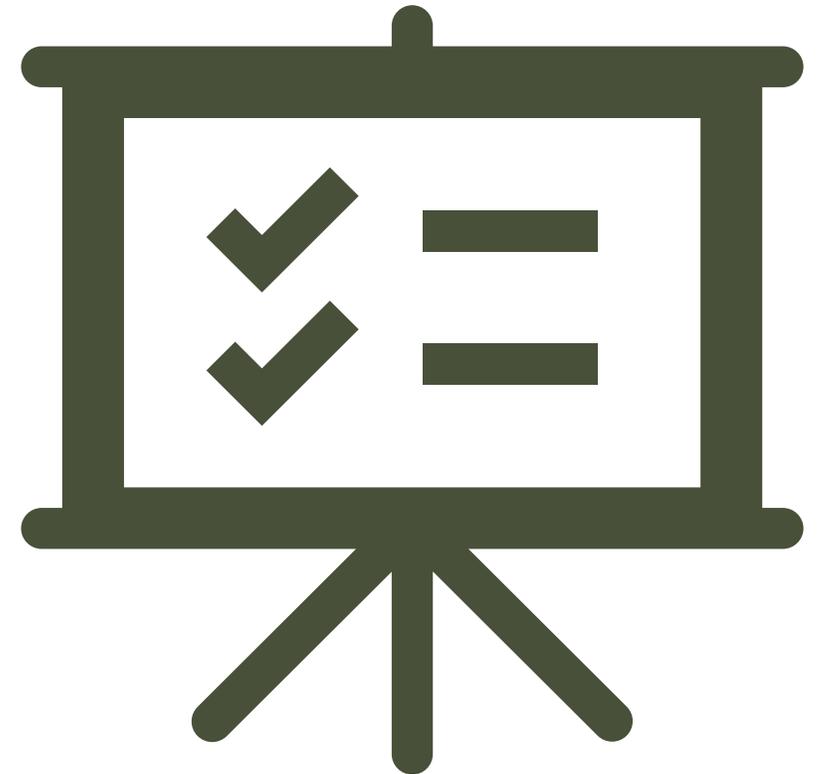
# Army Leadership Requirements Model (LRM)



- This LPD session focuses on the following competency:
  - Prepares self
- Learn more about the LRM by reviewing:
  - ADP 6-22
    - Describes what right looks like for all leaders
  - FM 6-22
    - Teaches you how to develop as a leader

# Session Objectives

- Describe the importance of self-awareness.
- Identify the characteristics of a self-aware leader.
- Discuss strategies for improving your self-awareness.



A close-up photograph of a soldier's face, wearing a camouflage helmet. The soldier's eyes are looking forward, and their expression is serious. The image is overlaid with a semi-transparent dark grey rectangle that contains the text "The Importance of Self-Awareness" in white, bold, sans-serif font. The background is slightly blurred, showing what appears to be the interior of a vehicle or a military base.

# The Importance of Self-Awareness

# What Is Self-Awareness?

Self-awareness is having a good knowledge and understanding of yourself including your own feelings, behaviors, and character.



# Discussion



- What are the benefits of self-awareness to yourself?
- What are the benefits of self-awareness to the mission?

# The Benefits of Self-Awareness

## Benefits to Self

Emotional management

Character development

Decision-making skills

More confidence

Job satisfaction

## Benefits to Mission

Stronger relationships

Better communication

Productive organization

Adaptable unit

Increased mission success

# The Dangers of Not Being Self-Aware

Closed off

Disconnected

Resistant to  
Change

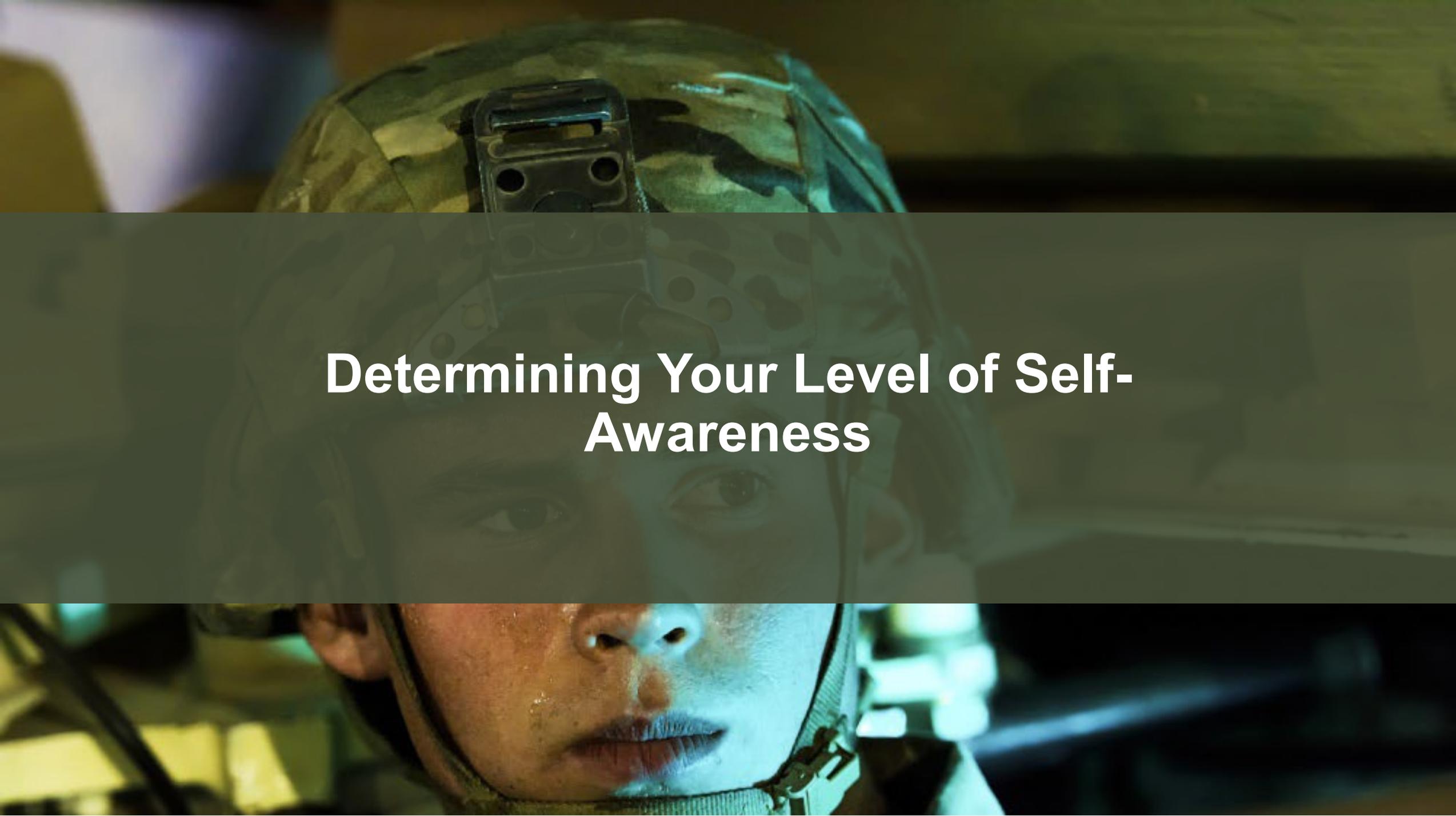
Flawed View of  
Oneself



# Discussion



- What are some key behaviors that can indicate that an individual lacks self-awareness?

A close-up photograph of a soldier's face, wearing a helmet with a night vision overlay. The soldier's eyes are visible through the overlay, and the overall scene is dimly lit with a blue and green color palette. The text "Determining Your Level of Self-Awareness" is centered over the image in a white, bold, sans-serif font.

# Determining Your Level of Self-Awareness

# The Six Signs of Self-Awareness

- You can sense how others will react to you.
- You know your strengths and limitations.
- You identify and adapt to changing situations.
- You routinely assess yourself.
- You correctly anticipate the feedback you'll receive.
- Others view you as you view yourself.

# Discussion



- What characteristics of self-awareness have you observed in the leaders you interact with on a regular basis?
- Which characteristics do you see as more critical than others?



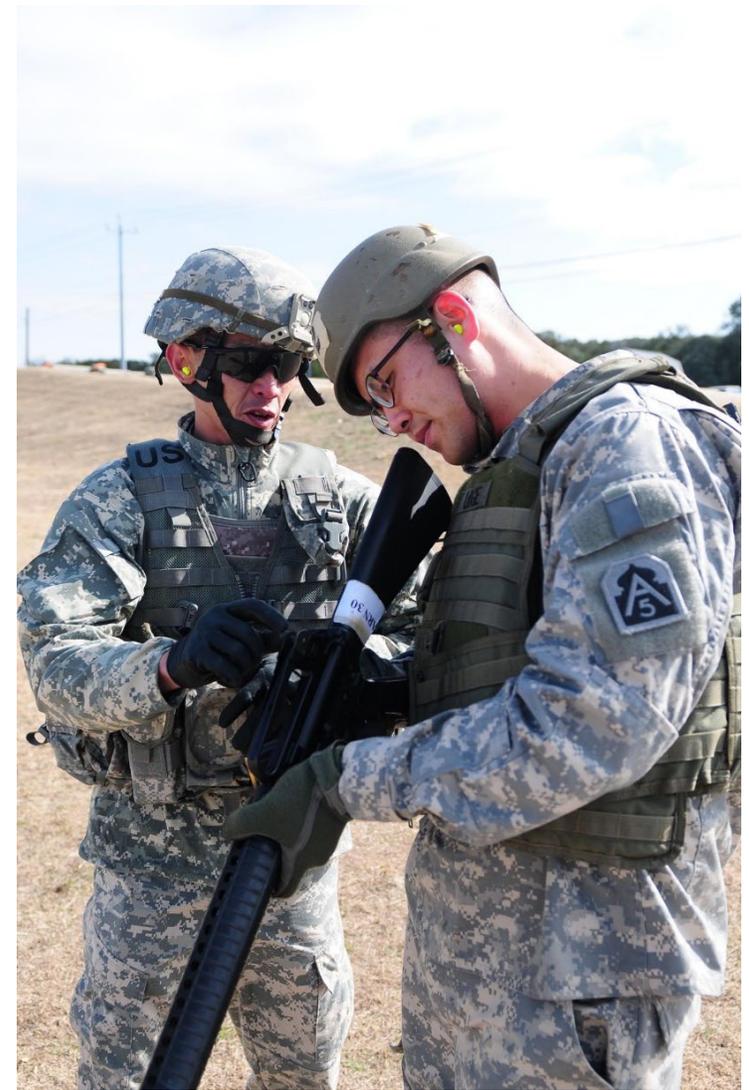
# Strategies to Improve Your Self-Awareness

# Observe Others' Actions and Reactions Around You

Examine others' reactions.

Look for patterns.

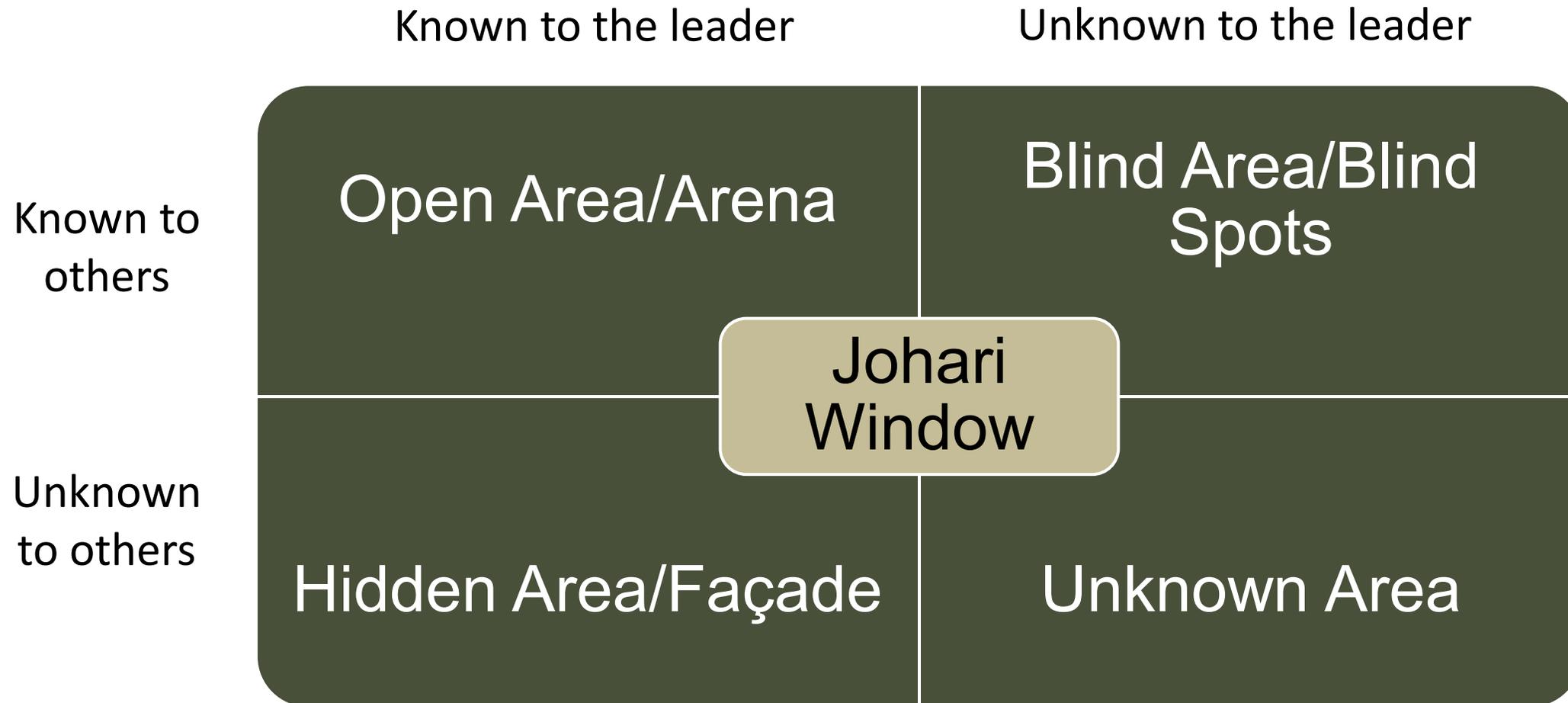
Reflect on your observations.



# Identify Strengths & Developmental Needs



# Use the Johari Window



# Bridge the Gap Between Your Actual and Desired Self

Identify  
Gaps

Set Goals

Create a  
Plan

Assess  
Achieved  
Progress



# Discussion



- What are some strategies you've used or plan to use to build your self-awareness?

# Want to Learn More?

<https://cal.army.mil>



## **Doctrine**

*Provides leader expectations*

- ADP 6-22
  - Paragraph 1-92
  - Paragraph 6-7
  - Paragraphs 6-14 through 6-19
- FM 6-22
  - Table 4-56
  - Paragraphs 4-52 through 4-53



## **Self-paced Online Lessons**

*Provide additional content and real-world examples/scenarios*

- The Value of Self-Awareness

# After Action Review

- Complete the AAR form in your Participant Packet and return it to the facilitator.
  - The form allows you to provide feedback about this session.
  - Your feedback will be used to improve future deliveries of this session.

# Let's Connect

- On the web: [cal.army.mil](http://cal.army.mil)
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