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**Self-Awareness
Quotes:**

"Everything that
irritates us about
others can lead us to
an understanding of
ourselves" - Carl
Jung

"We know what we
are, but know not
what we may
become".
- W. Shakespeare

Dear Reader,

***"Why Is It So Important! --
To Be Critically Self-Aware"***

*" Knowing others is intelligence; knowing
yourself is true wisdom. Mastering others
is strength; mastering yourself is true power."
- Tao Te Ching*

So, if mastering ourselves is true power, it
must really matter to be self-aware, self-
actualizing and fully conscious of our actions,
(as they run very much like a cause to come
back to us as an effect.)

Do you know what is true for you when it comes to self-knowledge,
values, relationships, or what really makes you happy?

Evidence that you are critically self-aware:

- It's easy to blame everyone else for what's going on. But are you also able to observe from the inside and look at what is going on with you without judging it (good or bad)
- Do you make the issue or event the thing that matters or is it what you do with it to effect a better outcome that really matters?
- Are you stuck in the loop of: when X happens, then Y is the result because this has been your experience and you have judged it be so, or do you entertain the possibility that X can produce a different result?
- When something or someone makes you angry, are you aware that it's not the other thing or person. The problem lies with you.
- Do you always judge an experience as good or bad or can you hold every new experience for just what it is -- a new experience.



- How aware are you of your belief system? Your beliefs determine most everything in your life. What do you believe? That nothing comes easy in life or, it doesn't have to be a struggle?

Can you honestly be a great manager, leader, consultant, team player without knowing what makes you tick, motivates you, makes you angry? Do you understand your hot button issues and diffuse them before reacting? Do you know how your judgments and assumptions about others are formed? We all have blind spots -- behaviors we are not aware of. Our perception is shaded by personal filters and limited thinking patterns. By looking through the four windows of awareness, you can hone your ability to increase self-knowledge and manage workplace relationships successfully. [Click here for the model.](#)

I have a coaching question for you, which I was asked a long time ago: *Do you feel worthy and deserving of those things you're asking for in your life?* Look at your belief system and notice what beliefs you have about yourself that are limiting you or getting in the way of you achieving your desire and happiness in life?

What is your particular journey to a higher state of consciousness? How important is it for you to gain deeper insights and move through the blocks in your life? Join the *Coaching Cafe*, a setting for participants to explore the underlying core issues that are universal to us all -- because no matter what the particular issue is, there is always a human element that is recognizable by us all.

Join Flo's Monthly Coaching
Cafe --
June 23 at 7 PM.



A FREE Telecast Series designed to
address timely issues and the workplace.

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experience

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Have a comment? Go to my blog, [Chart Your Change](#).

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[Complimentary](#).*



Two Travelers and the Monk Story

One day a traveler was walking along a road on his journey from one village to another. As he walked he noticed a monk tending the ground in the fields beside the road. The monk said "Good day" to the traveler, and the traveler nodded to the monk. The traveler then turned to the monk and said "Excuse me, do you mind if I ask you a question?". "Not at all," replied the monk.

"I am travelling from the village in the mountains to the village in the valley and I was wondering if you knew what it is like in the village in the valley?"

"Tell me," said the monk, "What was your experience of the village in the mountains?"

"Dreadful," replied the traveler, "to be honest I am glad to be away from there. I found the people most unwelcoming. When I first arrived I was greeted coldly. I was never made to feel part of the village no matter how hard I tried. The villagers keep very much to themselves, they don't take kindly to strangers. So tell me, what can I expect in the village in the valley?"

"I am sorry to tell you," said the monk, "but I think your experience will be much the same there". The traveler hung his head despondently and walked on.

A while later another traveler was journeying down the same road and he also came upon the monk.

"I'm going to the village in the valley," said the second traveler, "Do you know what it is like?"

"I do," replied the monk "But first tell me - where have you come from?"

"I've come from the village in the mountains."

"And how was that?"

"It was a wonderful experience. I would have stayed if I could but I am committed to travelling on. I felt as though I was a member of the family in the village. The elders gave me much advice, the children laughed and joked with me and people were generally kind and generous. I am sad to have left there. It will always hold special memories for me. And what of the village in the valley?" he asked again.

"I think you will find it much the same" replied the monk, "Good day to you".

"Good day and thank you," the traveler replied, smiled, and journeyed on.

(Story attributed to Carrie Birmingham)

What is your attitude on life?

How do your beliefs define you?

How aware are you of reflecting back to yourself, your positive or negative thoughts?

Have a comment? Go to my blog, [Chart Your Change](#).

Thank you for your interest in Chart Your Change. Your feedback is always appreciated.

To experience a complimentary coaching session, click on [Complimentary](#).

Have a Joyful Month,

A handwritten signature in blue ink, appearing to be 'Flo'.

Flo Mauri
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