



EQ In Use: Self Awareness

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Practical Exercise for Self Awareness

Introduction:

Self-awareness is a key component of personal development and growth. One powerful exercise for enhancing self-awareness involves identifying your core beliefs—those fundamental convictions that shape your perception of yourself, others, and the world. This understanding is pivotal as it impacts every aspect of your life, including your capacity to learn and adapt. Within this framework, it is also crucial to recognize your limiting beliefs—those segments of your core belief system that restrain you from achieving your full potential.

Identifying My Core Beliefs:

Begin by reflecting on your underlying assumptions about life and your place in it. To uncover these, you might find it helpful to complete the following statements:

1. I am at my best when _____.
2. I am at my worst when _____.
3. Success to me means _____.
4. If I had more _____, my life would be better.
5. I am most proud of _____.
6. My biggest fear is _____.
7. The thing I love about myself is _____.
8. The biggest thing I struggle with is _____.
9. I feel happiest when _____.
10. I feel powerful when _____.
- 11.

Take your time with these; your responses may reveal patterns that point to your core beliefs.

The scientific base of our approach, video and explanations:



Identifying My Negative Core Beliefs:

Now, let's focus on those beliefs that might be holding you back. These are often phrased in absolutes and reflect a pessimistic view of your capabilities or future possibilities.

Complete these sentences to start uncovering these beliefs:

1. I will never be good at _____ because _____.
2. I can't _____ because _____.
3. People don't _____ because I am _____.
4. I must avoid _____ because I might fail at _____.
5. I am always _____ because _____.

Self-Coaching Questions for Next Steps:

After identifying your negative core beliefs, challenge them with these self-coaching questions. Take one belief at a time and follow these 5 questions:

1. What evidence do I have that supports or contradicts this belief?
2. How does this belief serve me, and what would change if I let go of it?
3. Who would I be without this belief?
4. How can I reframe this belief to be more empowering and supportive?
5. What small action can I take right now to counteract this belief?

Remember, the goal of this exercise isn't to judge yourself harshly, but to approach your beliefs with curiosity and a desire to grow. As you work through this exercise, be compassionate with yourself and open to the insights that may emerge.

This process is about building a foundation of self-knowledge from which you can develop a more empowering belief system, enhancing every aspect of your life, including language learning.

