

Momentum Discipleship Day

Date:

What is self-awareness?

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Why is it important?

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Self-Awareness

open.life.church/resources/3765-self-awareness-for-leaders

Group Discussion: Ephesians 4:22-24

Five elements of being self-aware

Awareness
Understanding
Communication
Honesty
Impact

Small Group Discussion: Case Study

Do you think Cathy is aware of what is going on inside her (eg. her thoughts, feelings, beliefs)?

What are some of the emotions or behaviours that Cathy mentions?

Does Cathy show a good understanding of WHY she experienced these things?

What are some of the causes of the emotions and behaviours that she identifies?

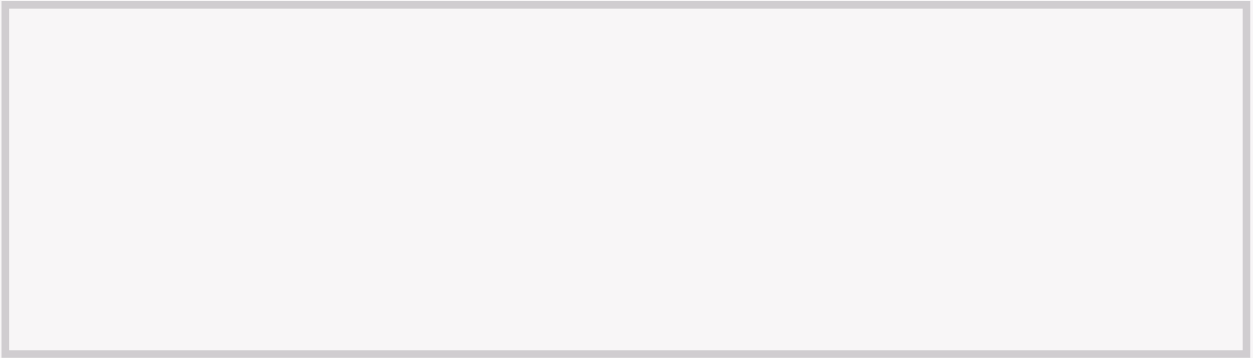
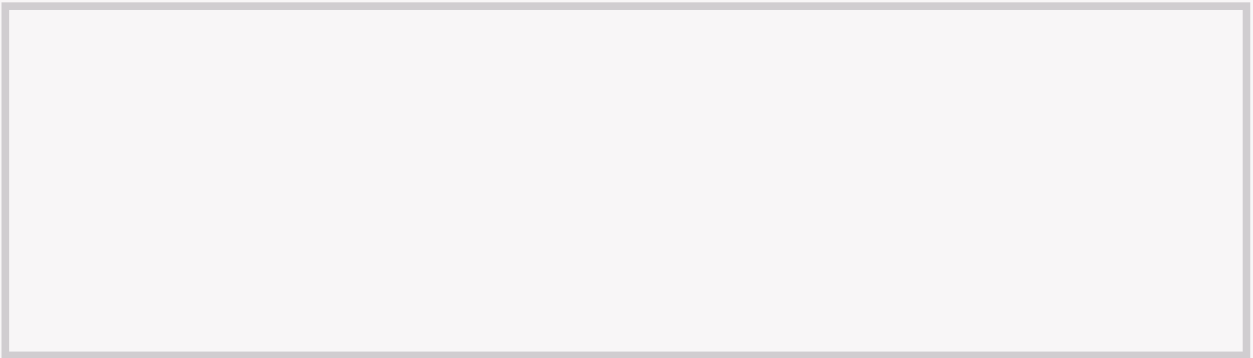
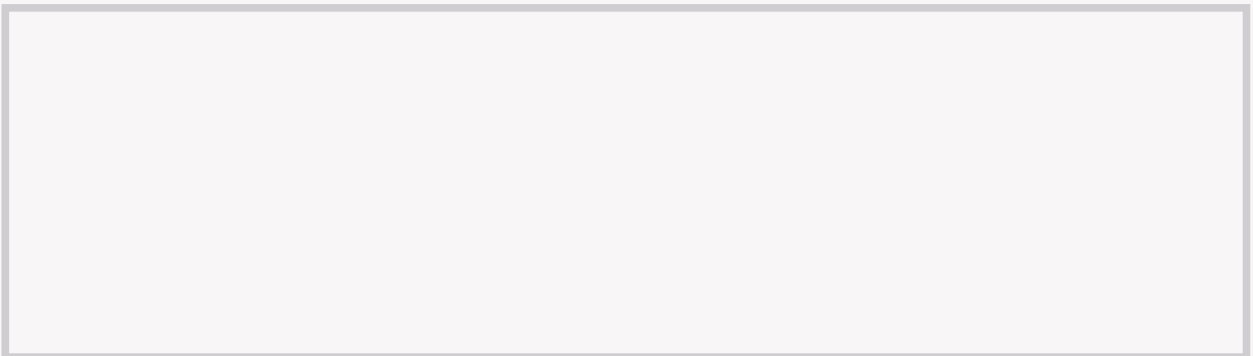
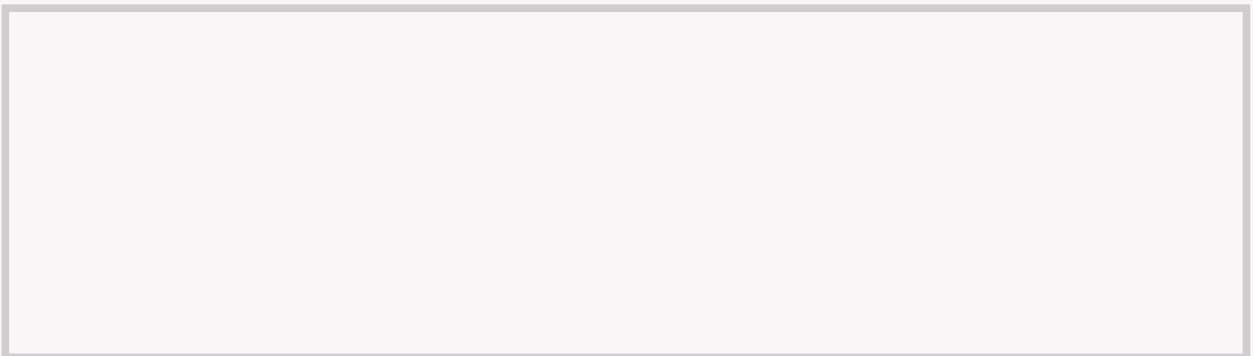
How well is Cathy able to communicate what is happening inside of her (both NOW and when she was YOUNG)?

Do you think Cathy is honest about her good and bad traits/struggles?

When Cathy was younger, how do you think her struggles impacted people around her?

Do you think she had a good understanding of the impact that she was having on others?

Self reflection

A large, empty rectangular box with a thin gray border, intended for the first section of self-reflection.A large, empty rectangular box with a thin gray border, intended for the second section of self-reflection.A large, empty rectangular box with a thin gray border, intended for the third section of self-reflection.A large, empty rectangular box with a thin gray border, intended for the fourth section of self-reflection.A large, empty rectangular box with a thin gray border, intended for the fifth section of self-reflection.

How to develop greater self-awareness

Be mindful

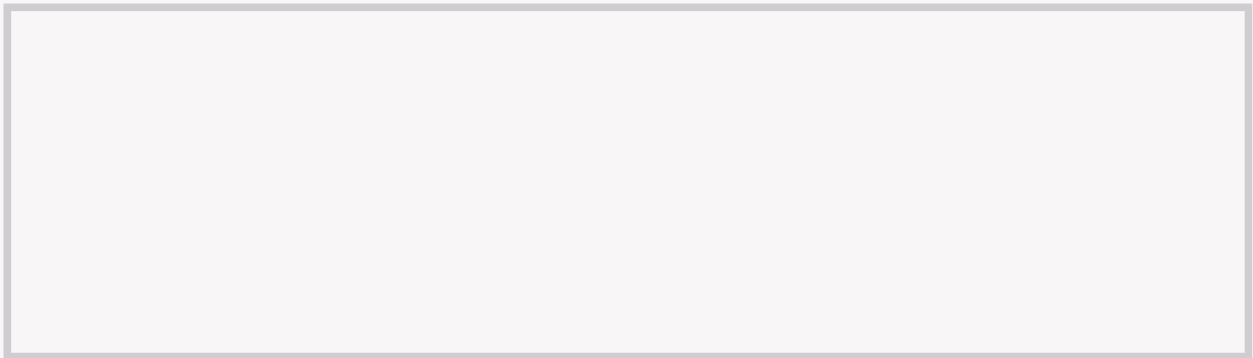
Journal

Ask others

Personality tests:

- www.16personalities.com
- Personality Plus, by Florence Littauer (PDF handout)

The identity we all share in Christ



Self-reflection at home

Awareness:

What am I feeling, thinking, believing, experiencing?

Understanding:

Why am I feeling this, thinking this, believing this, experiencing this?

Communication:

Am I able to find words or images to describe or express what is happening inside of me?

Honesty:

Can I admit to the positive and negative (helpful and unhelpful / old and new) parts of me?

Impact:

What effect do I have on others? What is it like to be around me?