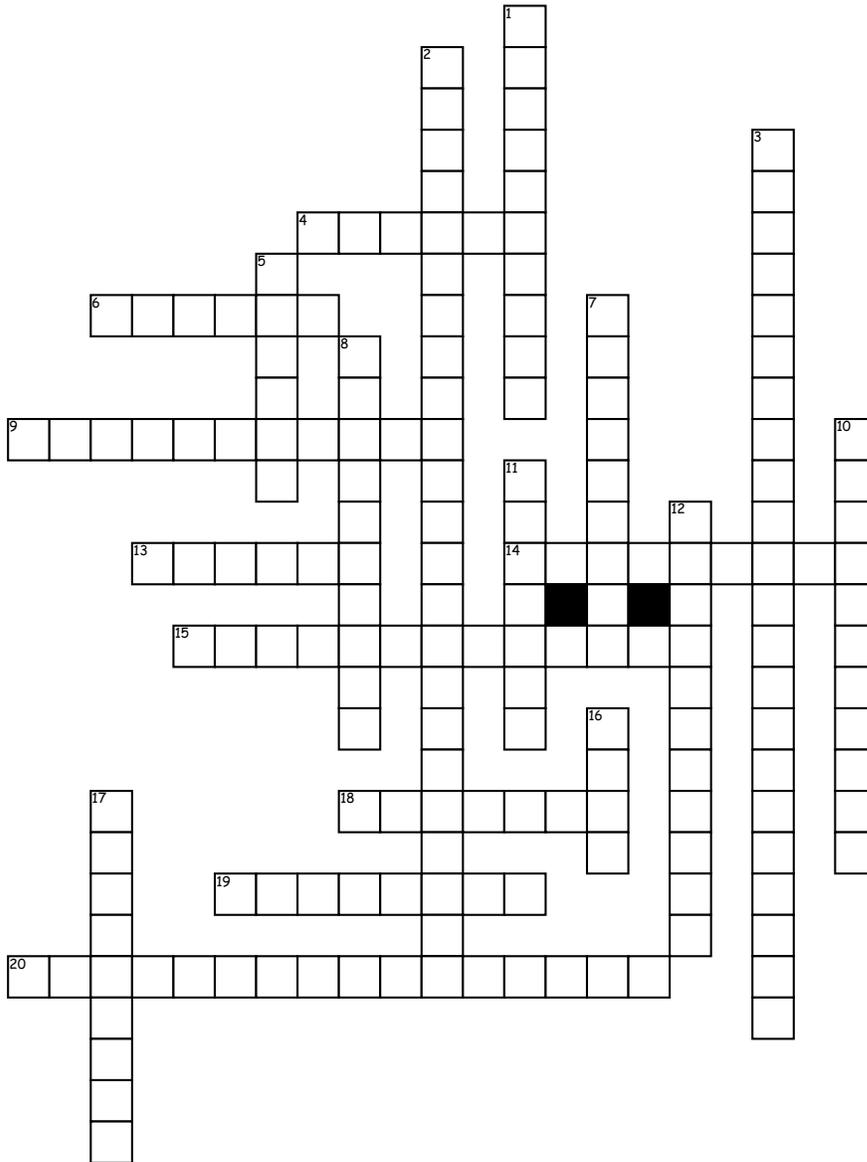# Self Awareness

Across

4. Key areas for self awareness include our personality traits, personal values, _____, emotions and the phychological needs that drive our behaviors

6. Self awareness will _____ a skills gap that you want to work on

9. Needs cause _____

13. When we focus on our _____ we are more likely to accomplish what we consider most important

14. _____ of your personality helps you analyze such a decision

15. Knowing your personal characteristics and how your actions affect other people

18. A person with high emotional self awareness understands the internal process associated with emotional experiences and therefore, has _____ control over them

19. _____ who are highly emotionally self aware are better able to read their "gut feelings" and use them to guide decisions

20. Feedback on your characteristics and behaviors helps your develop your _____

Down

1. It's very difficult to cope with poor results when you don't _____ what causes them

2. Understanding your own feelings what causes them and how they impact your thoughts and actions

3. One of the five facets of emotional intelligence

5. The behaviors that we repeat routinely, and often automatically

7. To become more _____ we should develop an understanding of ourselves in many areas

8. The information vacuum around a leader created when people withhold important information

10. When needs aren't satisfied it can cause _____

11. _____ with well developed emotional self awareness are more effective intuitive decision makers

12. Jobs that don't suit your _____ tend to give your more stress than jobs that are more compatible

16. You will need to work extra _____ to develop skills for that job

17. Self awareness helps you exploit your _____ and cope with your weaknesses