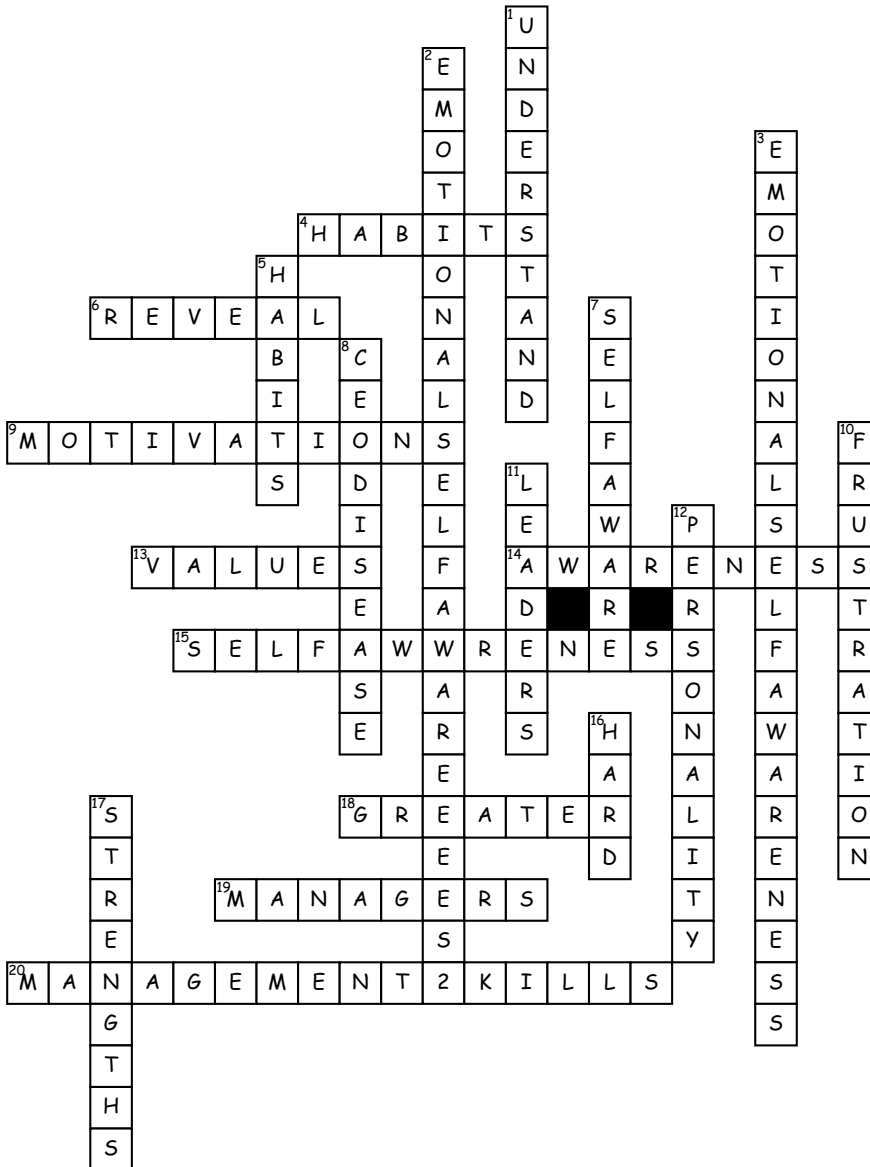


# Self Awareness



**Across**

- 4. Key areas for self awareness include our personality traits, personal values, \_\_\_\_\_, emotions and the psychological 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 you 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