

A is for Awareness

THE GOAL of Awareness:

Keep yourself open to an interaction by suspending judgement and **SHIFTING** to be open and curious

THE VALUE of Awareness:

Knowing your: Assumptions, Emotions, and Background

Notes/Highlights:

- To get better at becoming Aware, practice asking yourself:

Given my **observation** of: _____

I assume (**assumption**): _____

I feel (**emotions**): _____

Because (my **background**, standard, expectation, or perceived impact is): _____

- **Assumptions:**
 - o When we are in judgement, we believe we are right - be open to several assumptions in a situation – slow down, notice your thoughts
 - o Assumptions are our thoughts, interpretations, and ideas about our observations
 - o By remaining open you are less likely to take action you will regret later- hold back from reacting until you learn more- **shift** to consider you may not have all the facts
 - o Recognize we can have natural tendencies for negativity bias –more weight given to negative experiences over neutral or positive ones.
- **Emotions:**
 - o We experience emotions based on our observations
 - o Emotions can mobilize or demobilize us from taking action. Our emotions tell us to pay attention.
 - o Emotions are impacted by our experiences, thoughts and what's important to us
 - o Our assumptions and emotions are closely related (sometimes our thoughts are dominant and other times our emotions/feelings).
 - o Managing our emotions is important – best to observe and acknowledge your feelings
 - o Naming our emotions and accepting them without judgement helps us to **shift** our mindset.
- **Background:**
 - o Our previous history or experiences impacts how we interpret our observations
 - o Includes the context of cultural, work and family experiences and our conditioning
 - o We evaluate differently based on our past experiences, our expectations, and standards
 - o Our backgrounds are rooted in our assumptions and judgements
 - o When we understand everyone thinks they are right you see value in suspending judgement to **shift** to become open to other perspectives and mindsets