

# THE 7 INDISPUTABLE STEPS TO BETTER **SELF-AWARENESS**

A QUICKSTART GUIDE TO IMPROVING  
PERSONALLY AND PROFESSIONALLY



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# WELCOME

As a Motivational Keynote Speaker, Leadership Development Coach, and host of the acclaimed "Momentum Shift" podcast and radio show, I have dedicated my life to empowering individuals to unlock their true potential, breakthrough barriers, and create profound momentum shifts that transform the impossible into their new reality.

While my "7 Indisputable Steps to Better Self-Awareness" guide provides a solid foundation for self-discovery and personal growth, it is merely the beginning of a transformative journey towards self-leadership and creating the life you've always dreamed of. Through my comprehensive coaching programs, I take this process a step further, guiding you on a deep dive into your unique behavioral patterns, underlying beliefs, and the barriers that have been holding you back.

Using a personalized behavioral assessment, we'll uncover the root causes of your challenges and develop a tailored action plan to overcome them. Together, we'll explore your true passions, unlock your limitless potential, and harness the power of momentum shifts to turn the impossible into your new reality.

I encourage you to head over to [cericcollier.com](http://cericcollier.com) and book your discovery call with me, C. Eric Collier.

# INTRODUCTION

The "7 Indisputable Steps to Better Self-Awareness," is a comprehensive guide designed to lead you on a transformative journey towards profound self-understanding and personal growth.

In a world that is constantly changing and presenting new challenges, the ability to understand oneself has never been more crucial. Self-awareness is the cornerstone of emotional intelligence, personal development, and effective leadership. It is the first step towards making meaningful changes in your life and relationships.

## What You Will Discover

Throughout the "7 Indisputable Steps to Better Self-Awareness," you will engage with a variety of concepts, assessments, and exercises that will challenge you to reflect and grow. Each step is designed to build upon the last, creating a layered understanding of who you are and how you can continue to evolve.

By the end of this guide, you will not only have a clearer understanding of who you are but also possess the tools and confidence to use this knowledge to create a more fulfilling and authentic life.

Now, grab a notepad, pen and let's start your journey!

# STEP 1: SOUL-SEARCHING

## Embrace Introspection

The journey to self-awareness begins with a willingness to look inward. Set aside time each day for quiet reflection, journaling, and honest self-examination. Explore your thoughts, emotions, and behaviors, and strive to understand the underlying motivations that drive them.

### **Introspection defined:**

*The act of looking inward and examining one's own thoughts, feelings, and behaviors, is the foundation for self-awareness and personal growth.*

## Start Here: Self-Assessment

The first step in Soul-Searching and Embracing Introspection is to reflect and self-examine your current level of self-awareness. This comprehensive assessment and exercise is designed to help you cultivate the essential skill of introspection.

## How Introspective Are You?

Answer the following questions honestly to gauge your current level of introspection:

1. How often do you set aside time for quiet reflection and self-examination?
  - A. Rarely or never
  - B. Occasionally
  - C. Regularly
2. When faced with a challenge or difficult situation, how often do you pause to analyze your thoughts and emotions?
  - A. Rarely or never
  - B. Occasionally
  - C. Regularly
3. Do you keep a journal or other form of written self-reflection?
  - A. No
  - B. Occasionally
  - C. Yes, regularly
4. How often do you seek to understand the underlying reasons behind your behaviors and decisions?
  - A. Rarely or never
  - B. Occasionally
  - C. Regularly

5. When was the last time you took a deep dive into your core values, beliefs, and life purpose?

- A. It's been a long time
- B. I've done it before, but not recently
- C. I regularly reflect on these aspects of myself

6. How open are you to receiving feedback from others about your strengths, weaknesses, and areas for improvement?

- A. I tend to be defensive
- B. I'm open to it, but don't actively seek it out
- C. I actively solicit feedback and listen with an open mind

7. Do you regularly engage in mindfulness practices, such as meditation or breathwork, to cultivate present-moment awareness?

- A. No
- B. Occasionally
- C. Yes, regularly

Scoring: A=3 points B=2 points C=4 points

- If you scored 0-7 or answered "Rarely or never" to most of the questions, you may need to focus more on embracing introspection.
- If you scored 8-14 or answered "Occasionally" to most of the questions, you're on the right track, but there's room for improvement.
- If you scored 15-21 or answered "Regularly" to most of the questions, you've already embraced the power of introspection and are well on your way to greater self-awareness.

# STEP 2: TAKE A POLL

## The Power of Seeking Feedback

There is immense personal power that can be gained by actively seeking feedback from those who know you best or “Your Inner Circle.” This step, which is the second in the “7 Indisputable Steps to Better Self-Awareness,” is a crucial component of the introspection process.

## The Importance of External Perspective

While introspection and self-examination are essential for developing self-awareness, they can also be limited by our own biases and blind spots. By actively seeking feedback from friends, family, and colleagues, we gain access to an external perspective that can shed light on aspects of ourselves that we may have overlooked or failed to recognize.

Our inner circle, have observed us in various contexts and interactions, can provide valuable insights into our strengths, weaknesses, behaviors, and even our impact on others. Their honest and constructive feedback can challenge our self-perceptions and push us to confront aspects of ourselves that we may have been reluctant to acknowledge.

## **Cultivating Openness and Humility**

Approaching this feedback with an open mind and a willingness to listen is key. It requires a certain level of humility to be receptive to perspectives that may differ from our own. However, this openness is a sign of strength, not weakness, as it demonstrates a commitment to personal growth and a desire to continuously improve.

By embracing the feedback we receive, we can gain a more comprehensive understanding of ourselves, our patterns of behavior, and the ways in which we are perceived by others. This knowledge can then be leveraged to make informed decisions, adjust our actions, and develop strategies for personal and professional development.

## **The Transformative Power of Feedback**

Seeking feedback is not always easy, as it can be uncomfortable to confront areas of our lives that may need improvement. However, the personal power that can be gained from this process is immense. By actively soliciting and engaging with the perspectives of those who know us best, we unlock the potential for profound self-awareness, emotional intelligence, and the ability to create meaningful change in our lives.

Ultimately, the willingness to seek feedback and approach it with an open mind is a testament to our commitment to personal growth and our desire to become the best versions of ourselves. It is a powerful step in the journey of self-discovery and the cultivation of true self-leadership.



# STEP 3: IDENTIFY YOUR VALUES

## Exercise: Identifying Your Core Values

This comprehensive exercise is a guide to helping you clarify your core values and beliefs. Your values serve as a guiding compass, shaping your decisions, actions, and the overall direction of your life. By taking the time to identify and reflect on your values, you'll be empowered to align your behavior with your principles, leading to greater authenticity, purpose, and fulfillment.

### Step 1: Brainstorm Your Values

Begin by taking a few moments to jot down a list of values that resonate with you. These can be personal, professional, or a combination of both. Don't censor yourself – write down anything that feels important or meaningful to you. Some examples of values include:

- Integrity - Compassion - Creativity - Lifelong
- Learning - Family - Service - Excellence
- Courage - Authenticity. - Work-Life Balance

## Step 2: Prioritize Your Values

Review the list you've created and begin to prioritize your values. Ask yourself which ones are the most important to you and which ones you're most committed to upholding. You can use a scale of 1 to 10 to rank the significance of each value, with 10 being the most important.

## Step 3: Reflect on Your Values

Once you've prioritized your values, take some time to reflect on each one. Consider the following questions:

- What does this value mean to you?
- How does this value manifest in your daily life?
- Are there any areas where you feel you're not fully living up to this value?
- How can you better align your behavior with this value?

## Step 4: Identify Your Core Values

After reflecting on your values, identify the 3-5 that you consider to be your core values – the ones that are most fundamental to who you are and how you want to live your life. These will serve as your guiding principles, shaping your decisions and actions.

## Step 5: Create a Values Statement

Craft a personal values statement that encapsulates your core values and how you strive to embody them. This statement can be a powerful tool to refer back to when faced with difficult decisions or when you need to realign your behavior with your principles.

# STEP 4: PRACTICE MINDFULNESS

Cultivate a mindfulness practice, such as meditation or breathwork, to develop a heightened awareness of the present moment. This can help you recognize patterns in your thoughts, emotions, and reactions, allowing you to respond more intentionally.

## **What is Mindfulness?**

Mindfulness is the practice of purposefully directing your attention to the present moment with an attitude of openness, curiosity, and acceptance. It involves being fully engaged with your current experience, rather than being caught up in thoughts about the past or worries about the future.

## **The Benefits of Mindfulness**

Cultivating a mindfulness practice, such as meditation or breathwork, can offer a wide range of benefits:

- **Increased Self-Awareness:** Become more attuned to your thoughts, emotions, and physical sensations. Recognize patterns in your reactions and respond more intentionally.
- **Reduced Stress and Anxiety:** Decreases the physiological symptoms of stress, such as elevated heart rate and blood pressure. Anchors you in the present moment to help manage anxiety and overwhelming emotions.
- **Improved Emotional Regulation:** This can help you respond to difficult emotions with more clarity and composure, rather than becoming overwhelmed by them.
- **Enhanced Cognitive Abilities:** Improve focus, concentration, and memory. Training your mind to stay present, you can enhance your ability to process information and make decisions.
- **Stronger Relationships:** Become a more attentive and empathetic listener, fostering deeper connections with others.
- **Greater Well-Being:** Experience increased feelings of joy, gratitude, and overall life satisfaction.

# STEP 5: EMBRACE VULNERABILITY

## The Path to Deeper Self-Understanding and Empathy

This fifth step in the "7 Indisputable Steps to Better Self-Awareness" is a crucial component of the journey towards greater self-understanding and personal growth.

### Acknowledging Weaknesses and Limitations

The tendency to present a facade of perfection is a common human defense mechanism. We often feel the need to hide our flaws, mistakes, and areas of weakness, fearing that they will be perceived as signs of inadequacy or failure. However, true self-awareness requires us to acknowledge and embrace these aspects of ourselves.

By shining a light on our weaknesses and limitations, we open ourselves up to a deeper understanding of our own humanity. We recognize that we are not perfect, and that's okay. In fact, it's this very imperfection that makes us relatable, empathetic, and capable of growth.

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## The Benefits of Embracing Vulnerability

The benefits of embracing vulnerability are numerous and far-reaching.

By acknowledging our weaknesses and limitations, we:

- Develop a deeper understanding of ourselves and our unique experiences.
- Foster greater empathy and compassion, both for ourselves and for others.
- Build stronger, more authentic relationships based on trust and mutual understanding.
- Become more resilient in the face of challenges and setbacks.
- Unlock new opportunities for personal and professional growth.

Embracing vulnerability is not a one-time event, but rather a lifelong journey of self-discovery and personal transformation. By taking this courageous step, we unlock the path to deeper self-awareness, empathy, and the ability to turn our weaknesses into strengths.

# STEP 6: EXAMINE YOUR REACTIONS

## How You Respond

The following self-assessment is designed to help you explore your emotional reactions and the underlying triggers that shape them. By gaining a deeper understanding of how you respond to different situations and people, you'll be empowered to manage your emotions more effectively and cultivate greater self-awareness.

### Reaction Self-Assessment:

Answer the following questions honestly to gain a better understanding of your emotional reactions and the underlying triggers that influence them:

1. How aware are you of your emotional responses in various situations?
  - A. I'm often unaware of my emotions until after the fact.
  - B. I'm somewhat aware of my emotions, but I don't always understand the reasons behind them.
  - C. I'm highly attuned to my emotional reactions and can usually identify the triggers.

2. When you experience strong emotions, how do you typically respond?

A. I tend to react impulsively, without much self-control.

B. I try to suppress or ignore my emotions, hoping they'll go away.

C. I acknowledge my emotions, take a moment to reflect, and then respond thoughtfully.

3. Can you identify specific situations or interactions that consistently trigger strong emotional reactions in you?

A. I have a hard time pinpointing my triggers.

B. I can identify some common triggers, but I don't fully understand why they affect me the way they do.

C. I'm aware of my primary triggers and have a good understanding of the underlying reasons for my reactions.

4. How do you typically handle situations where you experience intense emotions, such as anger, fear, or anxiety?

A. I often lose control and say or do things I later regret.

B. I try to suppress my emotions, which can lead to resentment or burnout.

C. I acknowledge my emotions, take a step back, and respond in a way that aligns with my values and goals.



5. Do you actively seek to understand the root causes of your emotional reactions?

A. No, I don't really reflect on the reasons behind my emotions.

B. Sometimes, but I don't always follow through with deeper self-exploration.

C. Yes, I regularly engage in self-reflection to uncover the underlying beliefs, experiences, and biases that shape my emotional responses.

Scoring:

- If you answered "I'm often unaware..." or "I have a hard time..." to most of the questions, you may need to focus more on developing your self-awareness and emotional intelligence.
- If you answered "I'm somewhat aware..." or "I can identify some..." to most of the questions, you're on the right track, but there's still room for improvement.
- If you answered "I'm highly attuned..." or "I'm aware..." to most of the questions, you've already made significant progress in analyzing your emotional reactions and understanding the underlying triggers.

# STEP 7: KEEP GROWING

## The Path to Lasting Self-Awareness

Embracing self-awareness as a lifelong journey, rather than a destination to be reached. The seventh step in the "7 Indisputable Steps to Better Self-Awareness" emphasizes the critical need to commit to continuous growth and development, even after significant progress has been made.

## The Importance of a Growth Mindset

Self-awareness is not a static state; it is a dynamic process that requires ongoing exploration, reflection, and adaptation. By adopting a growth mindset, individuals can cultivate a deep appreciation for the power of continuous learning and improvement.

Embracing a growth mindset means acknowledging that there is always room for growth, even in the face of success. It means being open to feedback, willing to confront one's weaknesses, and committed to the pursuit of personal and professional development.

## **The Importance of Lifelong Learning**

Ultimately, committing to continuous growth is a testament to the power of lifelong learning. By maintaining a curious and open mindset, individuals can continue to expand their self-knowledge, deepen their understanding of the world around them, and unlock new opportunities for personal and professional fulfillment.

## **Embracing the Journey of Self-Awareness**

Self-awareness is not a destination, but a lifelong journey of self-discovery, growth, and transformation. By embracing this journey and committing to continuous growth, individuals can unlock the full potential of their self-awareness, leading to greater personal and professional success, stronger relationships, and a deeper sense of purpose and fulfillment.

Remember, the path to self-awareness is not linear; it is a winding, ever-evolving process that requires patience, dedication, and a willingness to embrace the unknown. Celebrate your successes, learn from your setbacks, and continue to push the boundaries of your self-knowledge – for the rewards of this journey are truly limitless.

By following these seven steps, you will embark on a transformative journey of self-discovery and personal empowerment. Unlock the power of self-awareness and become the leader of your life, ready to unleash your unstoppable potential and turn the impossible into your new reality.

After completing the “7 Indisputable Steps to Better Self-Awareness,” I encourage you to take the next step and schedule a discovery call with me. During this call, we'll dive deep into your vision for the future and uncover the best path forward to get you moving in the right direction.

As an example of someone who's gone from stuck to now doing what he once believed impossible, I know the power of self-awareness and how it can unlock your true potential. That's why I'm excited to connect with you one-on-one and help you navigate the journey towards becoming the leader of your life.

I encourage you to head over to [cericcollier.com](http://cericcollier.com) and book your discovery call with me, C. Eric Collier.

During this one-on-one session, we'll dive deep into your vision and uncover the best path forward to help you create the profound momentum shifts that will transform the impossible into your new reality.

I look forward to speaking with you soon and helping you achieve the success you deserve.

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