



2: Building Your Self-Awareness

How can you be intentional about the impact you have on those around you?

In this session, you saw that the first step in 'showing up' in the best possible way to have a positive impact – is knowing how you show up to others right now. You have to start building your self-awareness.

Do



- [Watch the 'Nudge' video for session 2](#)

Think



- What does your 'Best Self' look like – what do people say about you when you're at your best?
- Wouldn't it be good to have a clearer picture of what situations light you up, and which drain you of energy?
- Wouldn't it be useful to have an insight into what is affecting your mood and emotions as you go through your week?

Act



- Download a copy of the Mood Meter software; it's [here for iPhone](#), and [here for Android](#).
- Set four alerts on your phone (e.g., 10am, 1pm, 4pm & 7pm)
- When alerted capture your mood in the Mood Meter app.