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Explore More

Developing Your Self-Awareness

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Summary

Developing Your Self-Awareness

#1: You are NOT a product of your environment

- Our physical environment have a profound affect on our development that we often do not realize which affects our self-awareness
- The psychical environment encompasses micro-social environments such as family units and macro-social environments such as schools, neighborhoods, regions, etc. This all creates a culture that influences our way of being.
- This can create a *bubble of perspective* which can cause you to only see the world around you as the only "truth".
- We have the capacity to go beyond our environment by changing, adapting, moving, and reimagining ourselves to produce a life we are proud of.

#2: You have the choice to be the victim or the creator

- There are 2 frameworks that generally describes two types of mind states Empowering and disempowering.
- These frameworks are Karpman's Drama Triangle (victim, rescuer, persecutor) and Emerald's Empowerment Triangle (creator, coach, challenger).

- Through these frameworks we see how we can view the world. The goal is to be aware of how we are relating to ourselves and others and which character are we displaying the most.

#3: You can control your emotions by changing how you feel about them

- Moods are a state of being, emotions are instinctive responses to external forces and feelings are our conscious response to both moods and emotions.
- Understanding our emotions allow us to understand what moves and limits us. We are not prisoners to our emotions but are able to control them so they empower us to achieve our goals.
- Like the martial arts form, Aikido, you have the ability to shift the energy of your emotions to feelings that are more productive than those that are typical.
- In our feelings, we have the ability to respond differently than our emotions often do. We have to be aware of what feelings our emotions are producing in order to change our emotions

Most Common Mistakes:

Here are three of the most common mistakes that people make when learning this information.

1. They reject everything that they hear and think that they have everything going on. Listen, even the most successful people in any area of life, understand that regardless of the level of achievement, there is more growth, that is required. Learning, especially about yourself, doesn't stop.

2. They give up on the change because it is difficult. Look, change doesn't happen overnight. It takes time and focused effort to do so. You will slip back into old habits. The goal isn't to get frustrated when this happens, but recognize it for what it is and identify the triggers that caused you to revert back to those habits.
3. Which brings me to not becoming self-aware specifically, in identifying the triggers that you have around your habits and emotions. Your triggers are indicators on what causes you to do unproductive/disempowering things. Knowing what they are is half the battle. The other half is identifying the appropriate response to get the results you want.

You are a powerful person who has or can develop more control in your life by understanding the elements discussed in this video.

You are not stuck.

You are not a product of your environment.

You are capable of more than you imagine.

And that's not just a cliché saying. I've studied human performance for a long time and I've dedicated my life to facilitating the transformation of persons to reach their highest potential.

You are capable of much more than you imagine. You have the capacity for greater things than you are even aware of.

It will take work. It will take time. Anything worth doing is worth the work and time.

What's Next

Complete the section below. As you consider your response to the prompts below, there is no right or wrong answers. Responding honestly and expressively is essential to simulating more clarity and increasing your awareness to live a more authentic life.

- Which character in the Drama or Empowerment triangles do I relate to the most?
How can I change for the better?

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- I will do the following to gain perspectives different than those in my environment...

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- I will make the following changes to how I respond to _____:

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