

## How to Improve Self Awareness: A Practical Daily Guide

### Introduction

Self-awareness is about gently looking at yourself with curiosity instead of judgment. It's not about criticizing your every thought or feeling, rather it's about understanding yourself on a deeper level to be able to live with intention, clarity, and alignment with what truly matters to you.

#### 1. Begin with Mindfulness

Before you reach out to your phone, take a deep breath, notice how you feel this morning and think of a simple intention (niyyah) for the day. Think: what do I feel I need most today, patience, courage, or simply a little more rest?

#### 2. Listen to Your Body

Notice where your body is tense, it might be your shoulders, or your jaw. Gently stretch to release the tension.

Reconnect with your body through everyday actions. Feel the water dripping from your arms during Wuhu'u, or your feet stepping steadily on the steps up to your bedroom.

#### 3. Name Your Emotions, Don't Judge Them

When you're overwhelmed with strong emotions, try to gently name it. "This is anger," or "this is joy." Remind yourself that all emotions are temporary messengers, not permanent truths.

#### 4. Reflect on Your Interactions

Notice patterns in how certain people or situations affect your mood and energy, and celebrate moments when you responded to those situations thoughtfully instead of reacting automatically.

### **5. Create Space for Quiet Reflection (Mohasabah)**

Spend a few minutes each day in silence, without distractions or noise. Ask yourself open-ended questions like, “What truly mattered to me today?”

### **6. Seek Gentle Feedback**

Ask someone you trust: “How do you experience me when we’re together?” Listen to their response and reflect on the small, recurring themes in their feedback, they often hold valuable clues.

### **7. End the Day with Kindness**

Before bed gently reflect on when you felt most like the real you, and when you felt disconnected. Did you learn anything new about yourself?

## **Conclusion**

Self-awareness isn’t about fixing or changing who you are. It’s about finding out more about who you are.

The more kindly you listen to your own thoughts, feelings, and needs, the more you’ll trust yourself to navigate life with genuineness and grace.