**Skill Module:** Self-awareness

# **Topic: Mapping Your Inner Landscape**

### **Definition of Skill**

**Self-awareness** involves knowing one’s internal states, preferences, resources, and intuitions. It is the foundation upon which emotional intelligence is built.

### **Core Content**

**The Four Components of Self-Awareness** To make effective career decisions, we must "map" our internal world. This landscape consists of four distinct areas:

1. **Internal States:** The emotions you are feeling at any given moment (e.g., anxiety, excitement, fatigue). Recognizing these helps you manage your reactions.
2. **Preferences:** What you naturally like or dislike. Knowing that you prefer "quiet focused work" over "loud collaborative environments" is crucial for choosing the right job.
3. **Resources:** Your learned skills and inherent talents. These are the tools you carry with you into the workplace.
4. **Intuitions:** That "gut feeling" about a person or opportunity. Learning to listen to this can guide you away from toxic workplaces or toward hidden opportunities.

**Why This Matters for Career Planning** Lack of self-awareness often leads to "misalignment"—accepting a job that conflicts with your preferences or ignores your resources. By understanding these four aspects, you move from "just looking for a job" to "seeking a role that fits who I am," which drastically increases long-term success and satisfaction.