

Teaching Self-Awareness to a Life Coaching client is very important for a variety of reasons. Imagine taking a road trip with no map of where you're going, no sense of where you currently are or where you've even been before. There is nothing holding you accountable to your thoughts, feelings, decisions and actions which could lead to you going nowhere while missing important milestones along the way.

Some clients may be in the habit of sabotaging themselves without even realizing it and that begins with the thoughts and feelings they have. The feeling of unworthiness is so common because they are in the habit of highlighting their weaknesses and keeping them on notice, whether they have had failures in the past before or because someone in their environment persuaded them out of what they wanted to do. Albert Einstein once said, "If you judge a fish on its ability to climb a tree, it will forever think it's stupid." This can be a liberating thing to ponder on. It can mean to a reader that all someone needs to do is be aware of their weaknesses, but to focus on their strengths. There are so many people that have many wonderful gifts, but don't use them because they don't focus on developing them. For example: Let's say that society has persuaded everyone to believe that the only way to be successful in anything is to be good at Math. What about those who are not good at Math? Does that mean they won't be successful? Absolutely not! They may have other gifts and talents to be focused on, such as Visual or Performing Arts, that have nothing to do with Math and they may be able to hire an accountant so that they don't have to deal with Math! *How people define success is largely dependent on what they are focused on and they can't choose to focus on the positive or negative qualities unless they are fully self-aware.* It's like looking at your roadmap and choosing which direction you will go in next. Will you take a smoother path to your destination or will you take a rougher, more beaten path that may get you lost?

Life Coaching clients also need to be taught self-awareness because they will less likely see themselves as a victim of circumstance,

the belief that their lives are out of their control and is just something that happens to them. Once they see that there is nothing more empowering than making their own choices and owning responsibility for those choices, not only will they take responsibility for their mistakes but they will also celebrate in their successes! They will see that their failures and successes are not random and that they have the power to look at what they are doing and make adjustments only when necessary. They will also live their lives for themselves instead of doing what everyone else tells them to do. They will learn how to give themselves good advice before taking advice from friends and family. While friends and family usually do think they have their best interests at heart, self-awareness allows them to confidently say, "While I appreciate your support and what you are trying to do for me, I know myself well enough to make this decision on my own." Self-awareness allows them to more quickly assess risk and assess whether or not they are willing to take risks based on the predicted outcome of a decision.

In closing, self-awareness helps determine what someone is doing right, what needs fixing and how to grow. There may come a time when the client needs to seek a particular expert because they don't know what they don't know. It is better for them to seek an expert that will guide them to the right path than to keep making the same mistakes over and over again. The only way many people even know to ask an expert is through self-awareness.