

# Navigating Your Career

## *Part 2: Self Awareness*



*“In my four decades of experience as a leader and entrepreneur, in the hierarchy of factors most important to career success, I would rank self-awareness as number one.”*

*- Peter Guber  
Executive  
Entrepreneur  
Best Selling Author*

## Self awareness

Self-awareness can be defined as the knowledge that you acquire that relates to the different facets of your personality including your strengths, weaknesses, beliefs, interests, motivation and emotions. It is the process that helps you to get to know yourself better and identify your career needs.

# Which of these attitudes towards the events do you think is better?

## Victim Mentality

*"Nothing depends on me"*



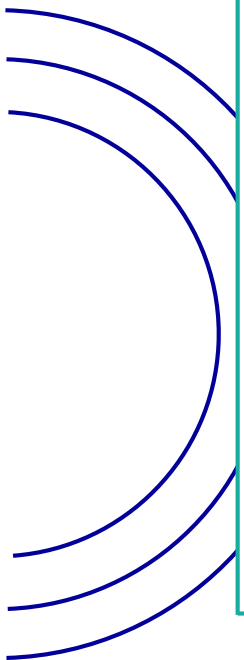
## Accountable Mentality

*"Everything depends on me"*

# Balanced Mentality

Either attitude in any extreme is bad for your emotional stability.

The **key** to emotional intelligence is to choose a **balanced mindset**. This is achieved by seeing the difference between what we can control, where we will take action, and what we can't control, which we'll accept and let go.



What makes people able to achieve their goals?

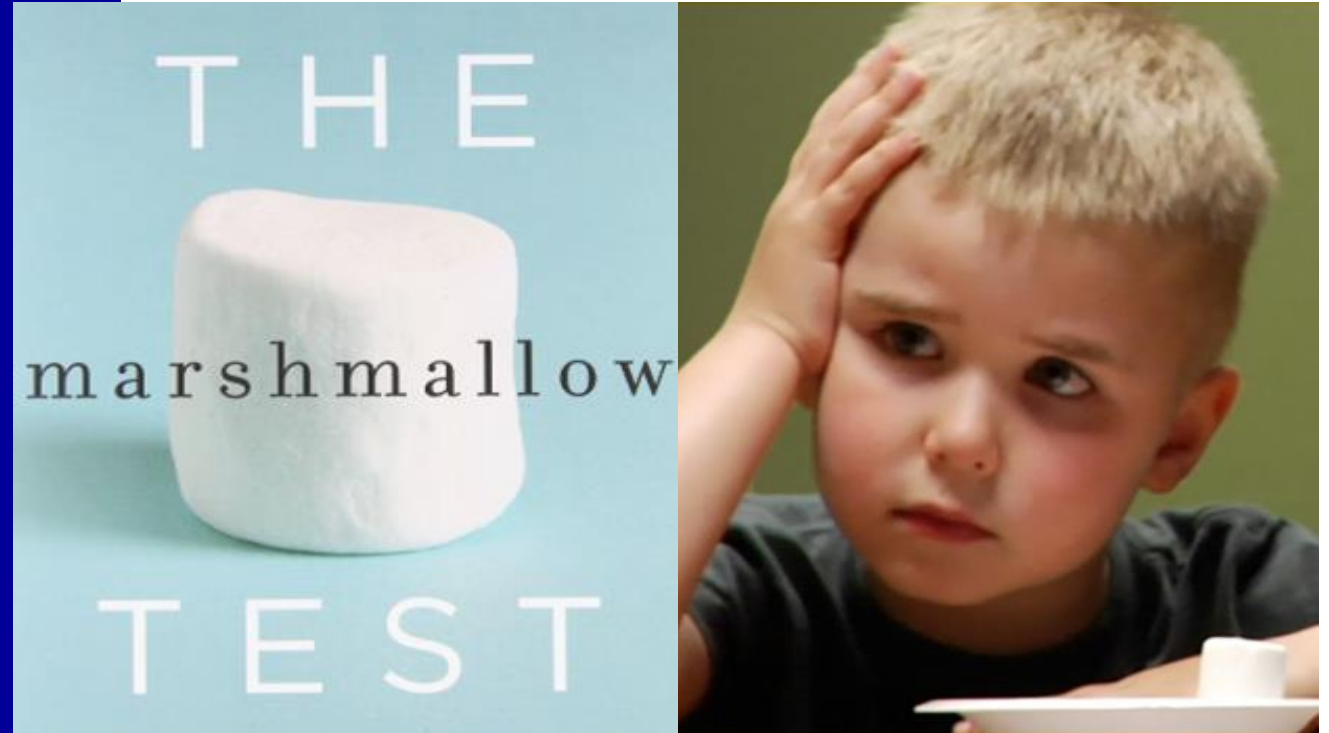
**There are many answers, but self-discipline is undoubtedly top on the list.**

# Self-discipline

In the late 1960's Stanford researchers set a series of experiments to see how children cope with delayed gratification, known as "The Marshmallow Test", led by psychologist Walter Mischel, then a professor at Stanford University. A child was offered a choice between one marshmallow provided immediately or two marshmallows if they waited for 15 minutes.

Remember self discipline and the ability to postpone gratification is key factor for success. Your goals in your career are long term, you will hardly ever see instant wins, and that's ok, you just have to keep trying.

Tip around our mentality towards your career management *be patient, with your environment but also with yourself. Frustration is enemy of your progress.*



*"Although no one's mindset is totally one type or another, we may sit somewhere in between. Keeping in mind, our mindset doesn't always remain constant as we may show different mindsets in different situations."*

- Dr Dweck  
 Author: *Mindset: The new psychology of success*

## GROWTH MINDSET    FIXED MINDSET



## Growth mindset

"Someone with a fixed mindset believes that their attributes and abilities are inherently fixed and unchanging. They aim to achieve validation as they are sensitive to being wrong or make a mistake."

"Whereas someone with a Growth Mindset is all about achieving Mastery and Competence. A person with this mindset believes that superb personal qualities can be learned, developed or cultivated. And views failure only as feedback about their performance and not as judgement of their potential or value."