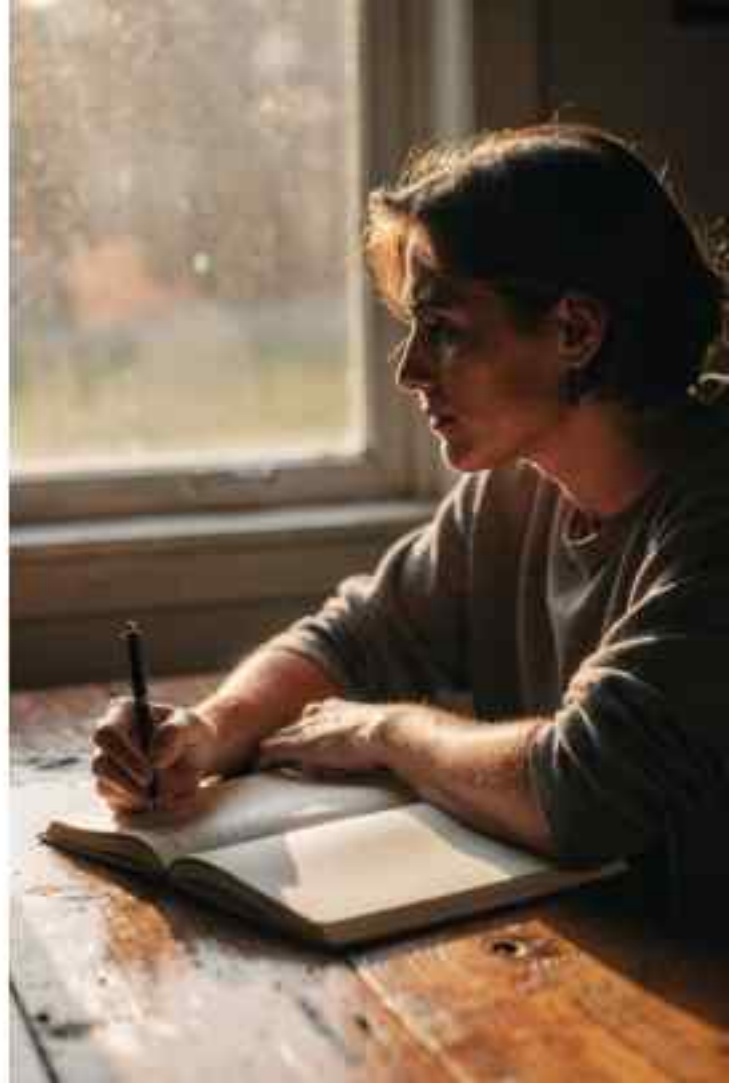


Self-Awareness: Knowing Your Values, Strengths, and Limits

Lesson 2 — SINFT Emotional Intelligence Series

LESSON 2

APPROX. 3 HOURS



Why Self-Awareness Matters

The Foundation

Self-awareness is the cornerstone of emotional intelligence. Before we can understand others, lead teams, or create meaningful social innovation, we must first understand ourselves.

"Know thyself." — Socrates

The Challenge

Most of us spend our lives observing the world around us while paying surprisingly little attention to our own thoughts, feelings, motivations, and behaviors. Self-awareness is one of the most challenging skills to develop.

A 2,000-Year-Old Lesson

The ancient Greek philosopher Socrates famously said: "**Know thyself.**" More than two thousand years later, this remains one of the most important pieces of advice for personal and professional growth.

How many times have you reacted emotionally and only later understood why? How often do you truly reflect on your values before making important choices? Self-awareness helps us answer these questions,



What Self-Awareness Enables



Recognize Emotions

Identify feelings as they arise, rather than reacting without understanding.



Identify Strengths

Recognize where you contribute most effectively and use those qualities intentionally.



Understand Motivations

Distinguish between decisions driven by values versus fear, insecurity, or approval-seeking.



Acknowledge Limits

Make more intentional decisions by honestly recognizing areas for development.



Within the SINFT project, self-awareness is especially important because social innovation begins with authenticity.



Reflection Activity: Who Are You?

Take a piece of paper and complete this two-part reflection:

Today

Write **three words** that describe who you believe you are right now.

In Five Years

Write **three words** describing who you would like to become.

What differences do you notice? The gap between these two sets of words is where your growth lives.

Part II — Understanding Your Values

Values are the principles we consider important. They influence how we treat others, how we define success, and how we respond to challenges — often operating *beneath our awareness*.

Honesty

Compassion

Creativity

Responsibility

Justice

Community

Innovation

Learning

We may say we value honesty — but do we speak honestly when it is difficult? Our actions reveal our true priorities.

Values Shape Impact

Motivated by Recognition

One social innovator driven primarily by status and recognition may still create successful projects — but their decisions and leadership style will reflect that motivation.

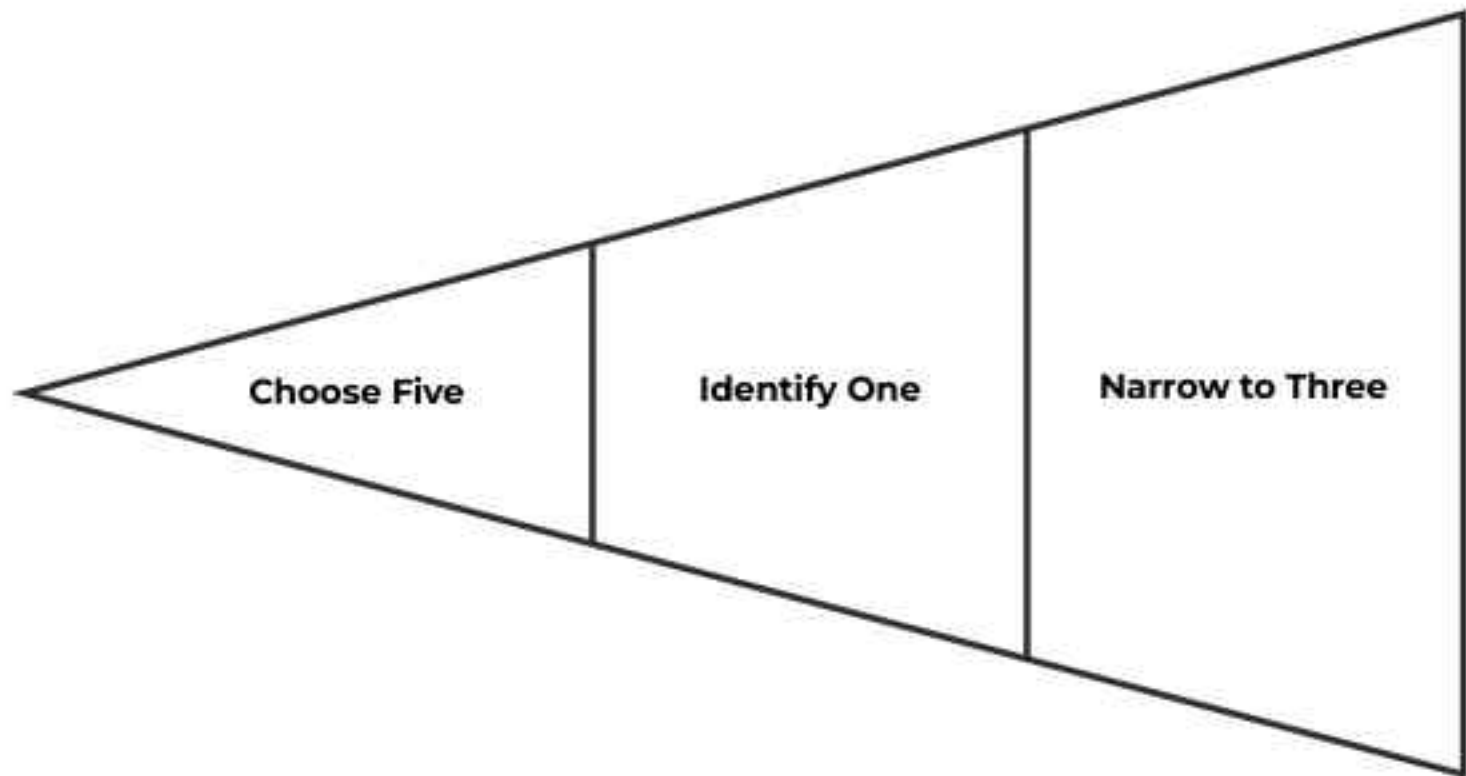
Motivated by Community

Another innovator driven by helping vulnerable communities will make fundamentally different choices — in design, collaboration, and long-term impact.

Values act as an **internal compass**. When faced with difficult decisions, they help us determine the right direction.



Values Mapping Exercise



From the list — Integrity, Kindness, Creativity, Responsibility, Equality, Courage, Learning, Sustainability, Empathy, Collaboration — choose five, then narrow to three, then identify the **single value you could not imagine living without**. Ask yourself: Why is this value important to me? Where did it come from? How does it influence my decisions?

Part III — Recognizing Your Strengths

Strengths are not simply talents. They are qualities that **consistently help us perform effectively**. Many people find it easier to identify weaknesses — yet self-awareness requires both.

Communication

Creativity

Leadership

Empathy

Problem-Solving

Adaptability

Collaboration

Critical Thinking

 A common mistake is believing everyone should excel at everything. Successful teams are built on **diverse strengths**.

Diverse Strengths Build Strong Teams

Think of a football team. Not everyone plays the same position. Not everyone contributes in the same way. The same is true in social innovation.

1

Idea Generators

Spark creative solutions

2

Relationship Builders

Connect communities

3

Project Organizers

Drive execution

4

Technical Solvers

Resolve complex problems



Strengths Reflection

1 What activities energize me?

Notice when time flies and effort feels effortless.

2 What tasks do I perform naturally well?

Skills so natural we often overlook them as strengths.

3 What compliments do I receive most often?

Others often see our strengths before we do.

4 What do others seek my help for?

Repeated requests reveal genuine capability.

Recognizing our strengths allows us to use them **intentionally** rather than by accident.



Part IV — Understanding Your Limitations

Self-awareness is not about self-criticism — it is about **honesty**. Growth becomes impossible when we pretend limitations do not exist. The question is not whether they exist; the question is whether we recognize them.

Difficulty managing stress

Fear of public speaking

Perfectionism or procrastination

Difficulty receiving feedback

Limitations Are Not Permanent

Areas for Development

Many limitations are not fixed traits — they are skills waiting to be built. Someone who struggles with frustration today can improve through practice and reflection. Someone who fears public speaking can gradually build confidence through experience.

Reflection Activity

Complete these sentences in your journal:

"One limitation that sometimes prevents me from achieving my goals is..."

"One small action I can take to improve is..."



Growth begins when **awareness replaces denial**.

Part V — Self-Awareness & Social Innovation

Every project reflects the people behind it. A lack of self-awareness can undermine even the most well-intentioned initiatives.

Without Self-Awareness

- Poor communication and conflict
- Misunderstanding community needs
- Ethical mistakes
- Ineffective leadership

With Self-Awareness

- Understand motivations and biases
- Accept feedback openly
- Collaborate effectively
- Learn continuously

Self-Awareness in SINFT Projects

Imagine developing a Social Impact NFT project. Without self-awareness, you might focus on what interests you personally. With self-awareness, you begin asking better questions:

- What does the community **actually need**?
- Am I **listening carefully** to those I aim to serve?
- Am I acting according to **my values**?
- How might my **assumptions** influence my decisions?

Technology alone does not create meaningful change. **People do.**



Part VI — The Growth Mindset

Psychologist **Carol Dweck** introduced the concept of the growth mindset. Self-awareness supports this mindset by allowing us to see challenges as opportunities rather than threats.

Fixed Mindset

"I am bad at communication."

"I cannot lead."

Believes abilities are largely **unchangeable**.

Growth Mindset

"I am still developing my communication skills."

"I can become a better leader through practice."

Believes skills can be **developed through effort**.



Growth begins when we stop viewing limitations as permanent.

Growth begins when awareness replaces denial.

Every limitation acknowledged is a door opened. Every strength recognized is a tool sharpened. Self-awareness is the practice that makes both possible.



Final Reflection — Five Questions

01

My Core Values

What are my three most important values?

02

My Greatest Strengths

Where do I contribute most effectively?

03

My Key Limitation

What limitation would I most like to improve?

04

Self-Awareness & Impact

How can greater self-awareness help me create positive social impact?

05

This Week's Action

What is one action I will take to become more self-aware?

Write your responses in your journal or share one insight in the course forum.

Closing Message

"Self-awareness is not a destination; it is a lifelong practice."

The more we understand our values, strengths, and limitations, the more **authentic, confident, and effective** we become. In the context of the SINFT project, self-awareness helps us build innovations that are not only technologically creative but also **ethically grounded, socially responsible, and deeply human.**





What's Next — Lesson 3 Preview

In our next lesson, we move beyond understanding ourselves and explore how **empathy and emotional regulation** help us build stronger relationships, healthier communities, and more effective social impact initiatives.

Empathy

Understanding and sharing the feelings of others

Emotional Regulation

Managing our responses to build healthier relationships

Social Impact

Translating inner awareness into meaningful community change

COMING UP: LESSON 3