

GET TO KNOW YOURSELF

HOW TO PRACTICE SELF-AWARENESS

We are ever-evolving and the surest path toward continuous growth is to turn inward and practice self-awareness. After all, how will we get to where we strive to be if we don't know, nor listen, to what we need right now?

WHAT IS SELF-AWARENESS?

Self-awareness is the ability to understand our emotions, thoughts, beliefs, strengths and weaknesses, and how these influence our behavior. It's having what experts call an *observing ego* that considers our many actions, choices, feelings, needs and wants with a level of objectivity. And there are three areas of ourselves that we can be more aware of:

Physical: Being aware of our bodies and what they need to be healthy and strong, such as quality rest, nourishing meals, regular

movement and joyful experiences, or noticing when something might be wrong

Relational: Understanding how others perceive and experience us, our quirks and our habits to manage our reactions and interpret the responses of others, too

Emotional: Being able to notice when we are experiencing a feeling and identifying what that feeling is so we can attend to the feeling and use it to motivate, inform, guide and enrich us

"Becoming aware of your emotions is becoming aware of the most deeply personal, biological expression of who you are,"

said Jonice Webb, a psychologist for psychologytoday.com.

Self-awareness is key to thriving. It supports overall wellbeing in several ways:

- Contributes to healthy decisions, especially during difficult situations
- Acts as a buffer to prevent life's stressors from morphing into depression or anxiety
- Strengthens relationships by promoting authentic communication, enhancing empathy and supporting relationship independence
- Improves overall health with research showing it impacts biometrics like reducing body mass index (BMI), lowering fasting glucose and increasing the likelihood of physical activity

QUICK INTROSPECTIVE QUESTIONS TO BOOST SELF-AWARENESS

1. **What am I feeling right now?** Reflect on what is happening and what you need presently.
2. **What would others say they adore about me?** Be aware of the areas where you have the most positive impact.
3. **What drains me?** What invigorates me? This connects to all three areas of self-awareness and can guide you toward more joy.
4. **What am I afraid of?** Examine if and how that fear has impacted your past decisions or opportunities.
5. **Do I act in ways that don't align with who I want to be?** Contemplate the enlightening reasons for this.

"How to Become More Self-Aware and Why You Should," Jonice Webb, psychologytoday.com, May 28, 2024.

"Three Ways Self-Awareness Can Improve Your Marriage," Mark Travers, psychologytoday.com, Oct. 21, 2024.

"These 20 Questions Can Help You Boost Your Self-Awareness," LaKeisha Fleming, verywellmind.com, Oct. 26, 2025.

Redefining Happiness:

Wisdom From History's Greats

March 20 is the International Day of Happiness, which makes this month a great time to reflect on what happiness means to you.

To be happy is defined as “feeling or showing pleasure or contentment,” “satisfied with the quality or standard of” or “having a sense of trust and confidence in (a person, arrangement or situation).”

Now is a better time than ever to focus on creating joy for yourself and others. According to CBS, the U.S. is in the lowest spot it's ever stood on the World Happiness Report, an annual survey conducted on the International Day of Happiness.

Finding out what happiness means to you is a big question with various definitions based on who you are, what your goals are, and how you process your experiences. Happiness might mean fulfillment, joy or self-care.

Don't know where to start when you think about happiness in your life? We've collected a few quotes from philosophers and historical thought leaders to provide context on what happiness meant to them.

“Happiness and freedom begin with a clear understanding of one principle: Some things are within our control, and some things are not.” – Epictetus

“I say that man is entitled to his own happiness and that he must achieve it himself. But that he cannot demand that others give up their lives to make him happy.” – Ayn Rand

“Happiness is not something ready-made. It comes from your own actions.” – Dalai Lama

“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.” – Eleanor Roosevelt

“True happiness is not attained through self-gratification, but through fidelity to a worthy purpose.” – Helen Keller

“Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity.” – Carl Jung

“Happiness is when what you think, what you say, and what you do are in harmony.” – Mahatma Gandhi

Whether happiness means finding fulfillment, chasing joy, serving greater purposes or focusing inward to create your own light, find a way to craft more happiness this March! It contributes to your intricate, unique picture of wellbeing.

“Happy.” Merriam-Webster, merriam-webster.com/dictionary/happy, Accessed February 10, 2026.

“2025 World Happiness Report Shows U.S. in Lowest-Ever Spot on List,” CBS News, cbsnews.com, Accessed February 10, 2026. [cbsnews.com]

Asset Health®



Simple Traditional Spanish Omelette

Serves: 6 • Prep Time: 10 minutes • Cook Time: 30 minutes

- 1 pound potatoes (Yukon Gold recommended)
- 1 medium onion (yellow recommended)
- 3 tablespoons olive oil
- 6 eggs
- Dash of Kosher salt

1. Peel the potatoes and cut them in half. Place the potatoes cut-side down and thinly slice.*
2. Peel the onion. Cut it in half and thinly slice.
3. Heat 2 tablespoons of the olive oil in a non-stick frying pan over medium heat. Add the potato and onion slices, reduce the heat to low and cover. Cook for 20 to 30 minutes, or until the potato slices are cooked through, giving them a gentle stir every 10 minutes.
4. Crack the eggs into a large mixing bowl, season with Kosher salt and whisk. Once the potatoes and onions have finished cooking, add them to the eggs.
5. Add the remaining tablespoon of oil to the same pan and add the egg mixture. Cook over medium heat for around 3 minutes, or until the bottom of the omelette is slightly golden, set and coming away from the sides. The top will still be a bit wet.
6. Carefully place a large plate over the top of the pan, then flip the pan and the plate together. If the bottom is properly cooked, then the tortilla should end up on the plate in one piece, with a bit of runny egg leaking out.
7. Return the pan to the heat and slide the tortilla back into the pan to cook the second side. Cook for 2 to 3 minutes, or until the bottom is also slightly golden.
8. Cut into (roughly 6) wedges. Serve hot or cold, and enjoy!**

*Thinly slice your potatoes with a knife. If you choose to use a mandoline, be mindful that slices which are too thin can stick together and won't cook properly.

**Refrigerate the omelette in an airtight container for up to three days. Serve chilled, bring to room temperature or gently reheat.

Nutrition Information

Serving: 1 wedge, Calories: 180kcal, Carbohydrates: 12g, Protein: 8g, Fat: 11g, Sodium: 72mg, Fiber: 2g, Sugar: 1g

Recipe adapted from: healthylittlefoodies.com