# Journey to Self: How To Carve Out The Path of Self-Awareness in a Growth Mindset

In this tutorial, I am going to teach you how to practice self awareness so you can be more in the growth mindset. A growth mindset is when you believe that you can accomplish anything in life because you can always change your thought process and skills to accomplish anything.

Before you can be in a true growth mindset, you can need to ensure you are practicing self awareness. When you are self aware, you can see yourself very clearly and realize the good and bad.

Keep in mind that even if you are self aware, you might still not be completely objective about yourself. This is normal. But the more you practice self awareness, the more you can achieve a growth mindset.

The first thing you can do to create a better sense of awareness is to meditate and practice mindfulness. This means being aware of your surroundings and being in the present moment as much as possible.

When you meditate, you can focus more on your breathe and being in the present moment rather than thinking about things that happened in the future or in the past. While you meditate, you also become more aware of your thoughts and how they are affecting you. You might notice you have much more negativity than you thought or that you are not reacting to things as well as you thought you were.

Once you have started meditating, why not do some yoga? Although this is more of a physical activity, yoga also takes a lot of concentration and work from the mind. Yoga is a spiritual and physical practice that can make you aware of what kind of state your mind is in.

Reflecting is also another big step towards self awareness whether you are reflecting during yoga or another time. When you can make time to reflect on the day and how you approached the challenges, you get a better picture of how you respond to conflict and other issues.

Many people find that talking out loud allows them to reflect better. You can also sit quietly and think.

Journaling is also a good way to reflect. When you journal, you can also write down your thoughts for the day and your feelings. How did you feel in a certain moment? What is one thing you could have done differently if you could go back in time?

You can journal in anyway that you like. Some people just journal thoughts as they come. Others prefer to write poems and music if you have that talent and want to share it in your journal.

Just make sure that however you are journaling, the purpose it to become more intentional and more aware of your thoughts.

If you really want to become more self aware, you can ask those that know you and love you for feedback. This one is difficult as you might not want to know how they feel, but it can make you self aware and give you insight on how others perceive you as well.

Have your loved ones describe you and see if you agree with most of the things they say. Reflect on the things they say by journaling about it or thinking about it later. This will allow you to see which of things you already know and which things you might think you need to realize.

I hope this tutorial gave you some ideas on how to become more self aware so that you can more easily have a growth mindset.