

# E5 Leader



## AWARENESS

- Awareness is a key attribute and a key characteristic in life.
- Self-awareness is most important. Most people don't know who they are, how they're hardwired, why they're hardwired that way, or what their character flaws are.
- Awareness means to have your antenna up\*
  - To be able to perceive at a high level; be aware of what's going on around you.
- The mind is programmed to generate awareness. It can be used to propel you toward your dreams and goals. Focus on something; all you have to do is start thinking about it!
- Awareness is the first step to creating the thought that creates the action
- After becoming self-aware, you can be aware of others. This is necessary to build, or even repair, relationships in your life. Practice your awareness by making the decision to be aware. Cut out a picture of it. Visit it. Talk about it.