

Are You Self-Aware?

Ian Cron



Ian believes understanding yourself is crucial to being able to lead yourself and, ultimately, others. It's all about **self-awareness**, he said at Leadercast Live 2018, a term he defined as ***“understanding your personality, who you are, and the ability to monitor and regulate your thoughts, feelings and actions in real-time.”***

Beyond helping us lead, self-awareness is essential for any kind of success in life, said Ian. He believes that the Enneagram is the best tool for understanding ourselves better, and described it as a template to begin conversation about who we are.

Ian cautioned against growing stale in our own self-awareness. It's important to revisit the concept of self-awareness regularly, since it's a lifelong journey that requires continued reflection as we change and grow over time.

3 Questions to Ask to Become More Self-Aware:

- 1) How wide is the gap between **how others see me** and **how I see myself**?
- 2) What do **others know** that **I need to know** about myself?
- 3) How often do I check-in on **my own self-awareness**?

*Click [here](#) to take Ian's Enneagram assessment and learn which one of the nine personalities best describes you.