



TOOLBOX TOPIC:

Self-Knowledge Skill

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| E.I. Skill: | Self-Knowledge (2 of 5) | E.Q. Competency: | Self-Awareness |
| Team Leader: | | Date: | |
| Head Coach: | | | |

Definition: What is Self-Knowledge?

- Awareness of your personal performance and potential.
- Consciousness of your thoughts, feelings, and motives.
- Perception of how behavior and body language influences others.
- Discernment of your strengths and weaknesses.
- Recognition of your mistakes.



(+) Behavior Patterns: Athletes proficient in this skill will demonstrate these behaviors.

- Possess a balanced and accurate understanding of themselves.
- Uphold an accurate view of their abilities.
- Face their fears and doubts
- Take responsibility.
- Never make excuses for themselves.
- Demonstrate active listening.
- Ask more questions, make fewer statements.
- Observe the reactions of others.
- Avoid extreme emotions.

Why does Self-Knowledge Skill matter in Athletics?

- Self-knowledge is the result of observing, assessing, and evaluating yourself.
- Accurate self-knowledge is the starting point for development.
- Without self-knowledge, you are in danger of drifting into poor performance.
- Self-knowledge allows you to learn faster.
- Self-knowledge is connected to motivation.
- If you understand your thoughts, feelings, and motives, you can make the necessary changes in your life to increase your motivation and level of engagement.

Feedback | Notes:



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Development Tips: To increase performance in this skill, apply these best practice techniques.

- Ask others how you are perceived.
- Admit mistakes quickly.
- Ask someone to interview you about yourself. (6 Cylinder Model)
- Stop talking.
- See yourself in the mirror of the feedback you receive from others.
- Watch the ripple effect of your behavior as it influences other people.
- Keep a journal and describe yourself in a written self-portrait. (M.E.F. & T.E.A. Technique)

Human Performance Tools: Athletes reduce errors when practicing these mental techniques.

INDIVIDUAL TOOLS

- Visualization Technique (task preview)
- Reflection Technique (task review)
- Questioning Attitude (good, do-better)
- Breathing Exercises (pause)
- Self-Checking (self-talk, in the moment)
- Word-Clusters (mental menu list)

WORK-TEAM TOOLS

- T.E.A. Filter
- M.E.F. Interview
- Effective Communication (personality style)
- Six Cylinder Model
- Maturity Metrics
- EQ Social-Competencies

SIGN-OFF

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