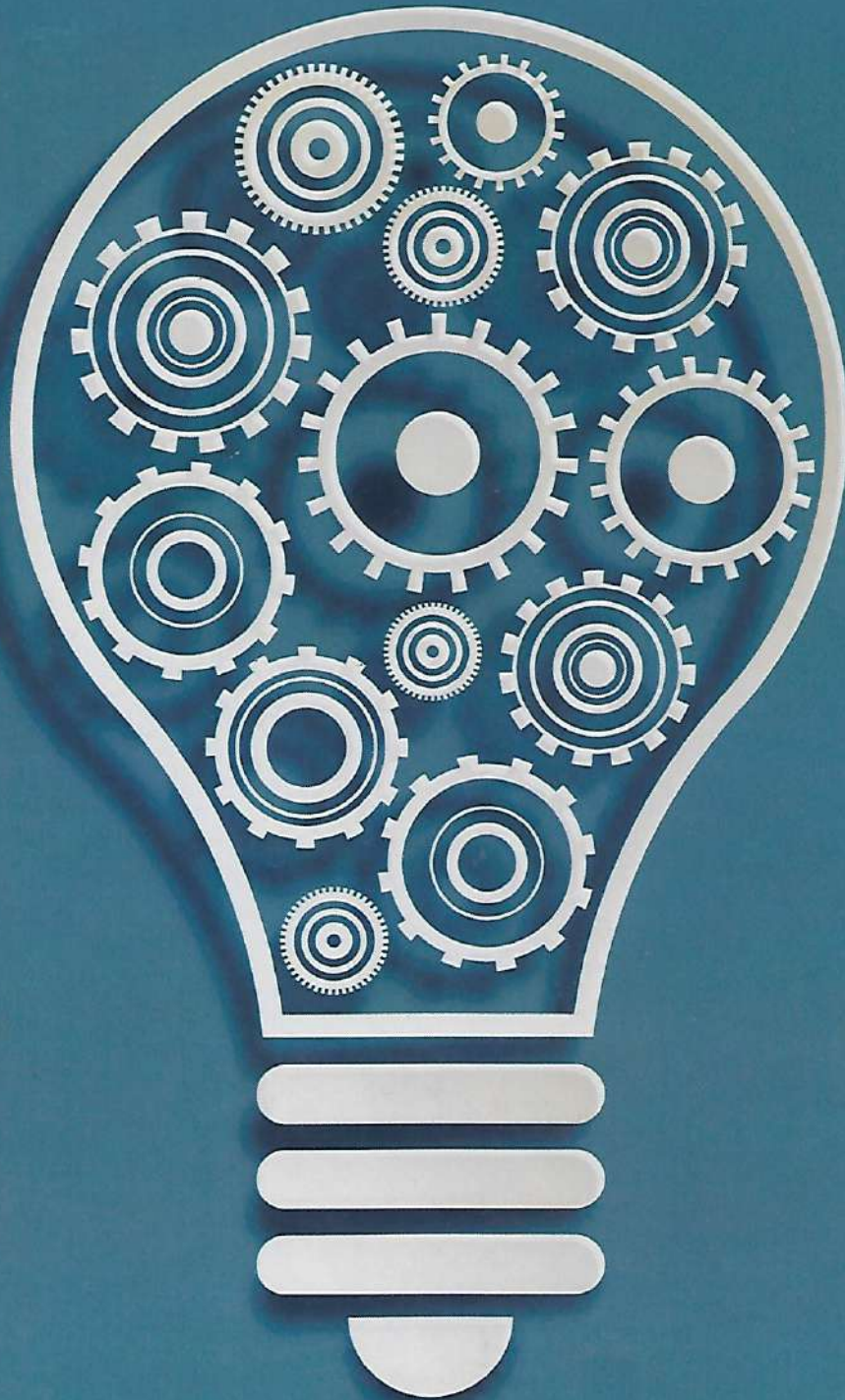




CV. GREEN
PUBLISHER



**BUILDING PERSONAL QUALITY
THROUGH SELF-AWARENESS MANAGEMENT**
(A THEORETICAL AND PRACTICE PERSPECTIVES)

Haris Herdiansyah

BUILDING PERSONAL QUALITY THROUGH SELF-AWARENESS
MANAGEMENT (A THEORETICAL AND PRACTICE PERSPECTIVES)



46-2024

AN LIBRARY
UNIVERSITY

.1
R

19.46.2024

Sub: Personality, Motivation

1501
HER
b

**BUILDING PERSONAL QUALITY THROUGH SELF-AWARENESS
MANAGEMENT
(A THEORETICAL AND PRACTICE PERSPECTIVES)**

Penulis

Haris Herdiansyah

Penerbit

CV. GREEN PUBLISHER INDONESIA



**CV. GREEN
PUBLISHER**



**BUILDING PERSONAL QUALITY THROUGH SELF-AWARENESS
MANAGEMENT**

(A THEORETICAL AND PRACTICE PERSPECTIVES)

Diterbitkan oleh:

CV. Green Publisher Indonesia

PENERBIT CV. GREEN PUBLISHER INDONESIA

(Grup Publikasi CV. Green Publisher Indonesia)

Anggota IKAPI (443/JBA/2022)

Alamat Redaksi:

Jl. Pangeran Cakrabuana Greenland Sendang

Blok F02 Sumber Cirebon, 45611

Telp. 085960430213

Email: greenpublisher.id@gmail.com

Isi diluar tanggung jawab percetakan

Hak Cipta Dilindungi Undang-undang

**Dilarang memperbanyak karya tulis dalam bentuk dan dengan
cara apapun, tanpa ijin tertulis dari penerbit.**

**BUILDING PERSONAL QUALITY THROUGH SELF-AWARENESS
MANAGEMENT
(A THEORETICAL AND PRACTICE PERSPECTIVES)**

ISBN:

978-623-8254-43-9

Penulis:

Haris Herdiansyah

Editor:

Komarudin

Penyunting:

Komarudin

Haryati

Siti Munawaroh

Desain sampul dan tata letak:

Tedi Herdianto

(Sumber Gambar: Freepik.com)

Penerbit:



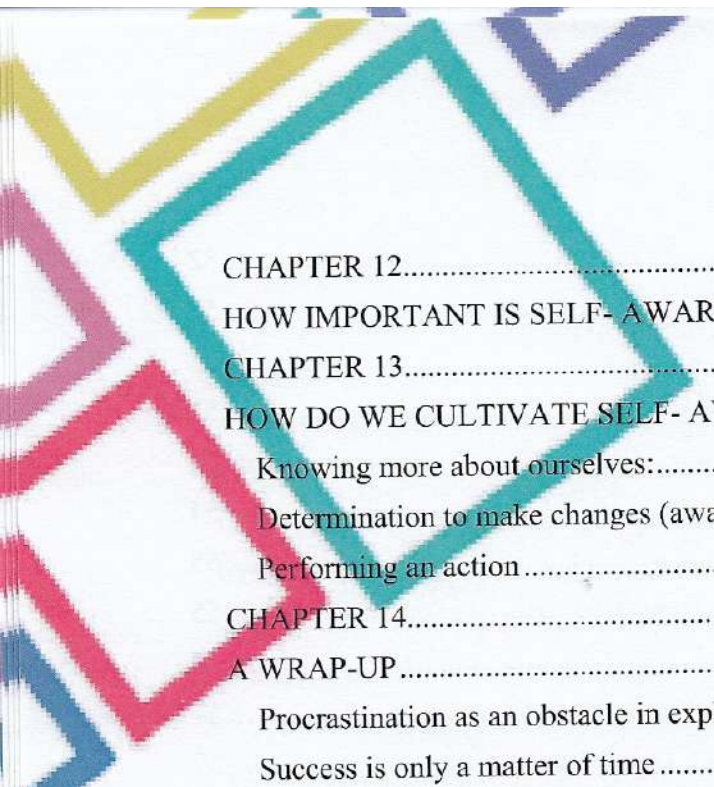
**CV. GREEN
PUBLISHER**

CV. Green Publisher Indonesia

Contents

Preface.....	viii
Acknowledgments.....	ix
CHAPTER 1.....	13
INTRODUCTION.....	13
CHAPTER 2.....	21
TYPES AND ARCHETYPES OF SELF-AWARENESS.....	21
2 types of self-awareness.....	21
Internal self-awareness.....	21
External self-awareness.....	22
4 archetypes of self-awareness.....	23
CHAPTER 3.....	26
DEFINITION AND COMPONENTS OF SELF-AWARENESS.....	26
Definition of self-awareness.....	26
Components of Self-Awareness.....	28
Self-concept.....	28
Self-Esteem.....	32
Different individual identities (<i>multiple selves</i>).....	33
Differences in Identity in Each Individual (Multiple Self).....	40
1. Able to set life and career goals appropriately.....	41
2. Establish relationships with others.....	41
CHAPTER 4.....	43
5 REASONS FOR THE IMPORTANCE OF SELF-AWARENESS.....	43
As a means for self-reflection.....	43
To identify our strengths and weaknesses.....	44
To regulate our emotions.....	45
To be aware of the existence of others.....	46
Building a stronghold for personal mental health.....	46
CHAPTER 5.....	48
TYPES OF SELF-AWARENESS.....	48
Private Self Awareness.....	48
Public Self-Awareness.....	49
CHAPTER 6.....	51
IMPACT OF SELF-AWARENESS.....	51
Self-confident.....	51

Overcome fear.....	52
Self forgiveness.....	52
Able to control emotions.....	53
Able to control yourself in critical times.....	53
Mindfulness.....	54
Help for smart work.....	54
Helping relationships with other people.....	55
Maintain health.....	55
Open-Mindness.....	56
Recognizing Our Potential.....	57
Good communication skills.....	57
Have good creativity.....	58
CHAPTER 7.....	60
SELF-AWARENESS, PRODUCTIVITY AND CONFIDENCE.....	60
Courage versus fear.....	63
Decision-making and self-awareness.....	65
CHAPTER 8.....	68
IMPACT OF SELF-AWARENESS ON SOCIETY.....	68
Multiply connections.....	68
Understand other people.....	68
Understand others' expectations of themselves.....	70
Multiply experience.....	70
Understand how others see us.....	71
Perspective taking.....	71
Public control.....	71
CHAPTER 9.....	73
SELF-AWARENESS INDICATORS.....	73
The drive to do something that is based on a belief in one's own abilities.....	74
CHAPTER 10.....	76
HOW TO INCREASE SELF- AWARENESS?.....	76
Self Reflection.....	77
Ask For Feedback.....	78
Explore Your Emotion Triggers.....	79
Learn from your own experience.....	79
CHAPTER 11.....	81
IMPORTANT TYPE OF SELF- AWARENESS THAT WE NEED TO HAVE.....	81



CHAPTER 12.....	85
HOW IMPORTANT IS SELF- AWARENESS IN OUR DAILY LIVES?	85
CHAPTER 13.....	89
HOW DO WE CULTIVATE SELF- AWARENESS IN OURSELVES?.....	89
Knowing more about ourselves:.....	89
Determination to make changes (awareness of intentions)	89
Performing an action	90
CHAPTER 14.....	97
A WRAP-UP	97
Procrastination as an obstacle in exploring self-awareness.....	99
Success is only a matter of time	100
There is no such thing as failure.....	101
Do people with high self-awareness never get sad?.....	102
Bibliography.....	104
About the author.....	110

BUILDING PERSONAL QUALITY THROUGH SELF-AWARENESS MANAGEMENT

(A THEORETICAL AND PRACTICE PERSPECTIVES)

Most successful people are those who have done their homework and reached their deepest self-awareness. By achieving self-awareness, each individual will know more clearly the highest point of his ability and even the lowest point of all his shortcomings and inabilities. It is a measuring continuum by which we can more accurately predict what we can accomplish perfectly, and what we cannot accomplish optimally.

This book explains both theoretically and practically what self-awareness is, what its constituent components are, what factors influence it, and the techniques that can be used to achieve the highest self-awareness. The sentences used in this book are very simple and easy to understand, so that readers can easily learn it.

By reading this book, you will be able to dive into the other side of yourself and find out a lot of self-potential that has not been perfectly explored so far. You will be amazed at the many potentials that have been unexplored and undiscovered. With this condition, you will have a new perspective and will open your horizons towards your life goals and your future. Welcome to the new world of you.

Penerbit
CV. Green Publisher Indonesia
Greenland Sendang Residence, Blok F2
Jl. Pangeran Cakrabuana
Cirebon 45611

www.greenpublisher.id



ADAM KUR
PRESIDE