**Self-Awareness Paper**

**The dictionary definition of self-awareness is, “conscious knowledge of one's own character, feelings, motives, and desires (Lexico Dictionaries, 2019). When one seeks to complete any given task with integrity, awareness of self must be considered. It is in essence, examining the heart behind the work a person does. I had some personal challenges I had been dealing with that I had not shared with anyone but God because of the nature of them and because I knew no one could handle them but me. The issue was unknown to anyone nor did it directly affect anyone so it was not like I had to openly hold myself accountable; I could have continued without anyone knowing but, there is no honor in that. My desire is to serve people and to do so with a clear conscious so, this summer I finally gave up anything that would cause me to be a hypocritical social worker. This was a very personal victory and showed strength. For that, I am grateful.**

**There comes a time when a person should not have to have someone peering over their shoulder in order for them to do the right thing. A person needs to determine for themselves they type of individual they want to be then, be that. Character is built and can also be torn down by decisions we make.**

**As a person of faith, I have learned to check my motives for why I do things. I believe that if a person’s heart is not correct, their actions are in vain. Like when people pay for someone’s grocery then post their good deed on social media, what was the motive? To be a blessing to someone or to get kudos from “friends”. My desire is to help others, my personal gain is that they could be a better person because I reached out to them and did my best. No one may never see my work first-hand, but they will see the results of it and that is what I care about.**

A personal limitation that affects my social work practice would be consistency and follow through. Sometimes discouragement creeps in and I want to say forget it. I feel I have worked hard over the past five years trying to get in position, which means graduating from Briar Cliff. It has not been easy, and it seems like the closer I get, the harder it gets. It is not the course work that is hard, it is the waiting. It is kind of like a very hungry person who smells the aroma of their favorite dish and know it is just sitting on the counter in the next room but there is a door between them and the food that they can not unlock. This is what it feels like to me. My drive keeps me fighting to get the key. One day, I will have it any finally get to eat.

Reference

Lexico Dictionaries. (2019). self-awareness | Definition of self-awareness in English by Lexico Dictionaries. Retrieved from https://www.lexico.com/en/definition/self-awareness