



**ART OF COACHING PODCAST™ EPISODE 253  
TASHA EURICH - THE SCIENCE & STRATEGY OF SELF-AWARENESS**

Your 7 Pillars of Self-Awareness: Under each pillar, list 2-3 details that will help you gain introspective clarity. Revisit this exercise once a week to continue refining your self-awareness.

**My values are...**

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**My passions are...**

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**My aspirations are...**

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**The people and environment I fit with are...**

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**My reactions are...**

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**My patterns are...**

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**My impact is...**

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What things do you typically find yourself ruminating over? Do they end up being true or accurate? Use this question as a red flag to help yourself avoid it!

List 2-3 loving critics in your life. What should you be asking them for feedback on?

Tasha challenged every listener to turn their "why" questions into "what" questions. Make a list of 3 "why" questions that you ask yourself frequently, and reframe them into "what" questions.



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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