

## HOW SELF-AWARENESS BOOSTS YOUR RELATIONSHIP

PREPARE/ENRICH BLOG – MAY 12, 2021

Self-awareness, or mindfulness, is a buzz word lately. If it evokes images of someone meditating on a mountaintop or something to that effect, you're probably not alone. It is, in fact, about getting in touch with your core self. Self-awareness is crucial for everyone – and here's why.

Experts say that self-awareness is necessary for personal growth and wellbeing, which makes sense. We need to understand ourselves if we're to stretch ourselves to be better. Understanding ourselves also helps us to relate to others. In other words, *self-awareness helps us be better in our relationships!* And frankly, relationships are an important chunk of our lives, which means that most people can benefit from increased self-awareness. Here are three things you can do to get to know yourself better:

### Keep a journal.

If the last time you kept a journal was decades ago in junior high, it might feel like an odd habit to pick up now. However, keeping a journal as an adult can be an enlightening experience that serves a deeper purpose than capturing the latest lunchroom gossip. It can be a judgment-free outlet for self-reflection, stress, anxiety, or trauma, which studies show benefits your overall mental health. Over time, it can help you recognize emotional and behavioral patterns and triggers. When we're going through something, it's hard to see things objectively, but journaling allows us to look back on what was going on in our head and make sense of it when we're more equipped to do so.

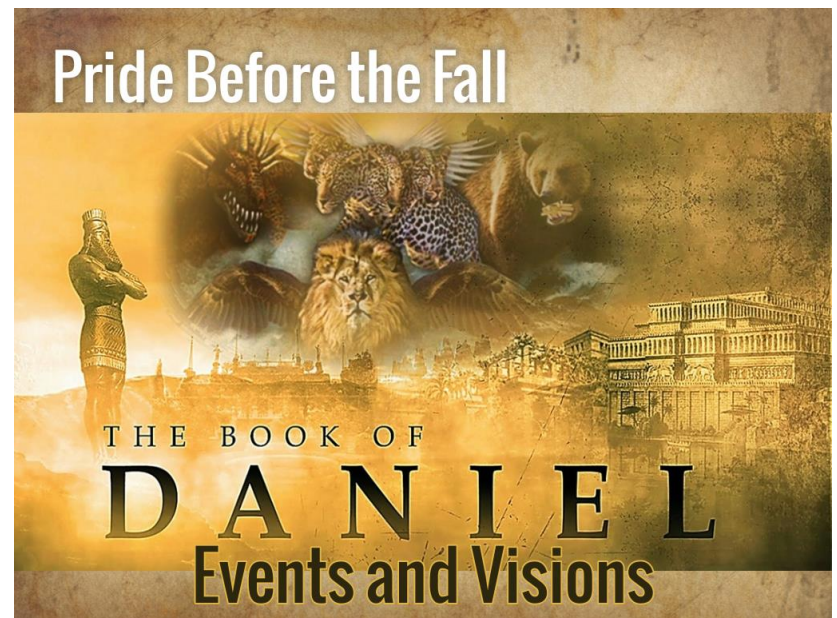
### Assess yourself.

Self-assessments are big right now, and there are a lot of them out there. From personality tests to strength/weakness finders to your thinking style and so much more, self-assessments can provide insight into what makes you tick in all aspects of your life. While you shouldn't quantify yourself based on the results of one assessment, they can help you see yourself more objectively. They might confirm something about yourself that you were pretty sure about or give you unexpected results on something else, which at the very least can open your mind to seeing yourself differently. You might also gain more understanding of how you relate to others, whether it's coworkers, your family, or your partner.

### Learn how to take feedback.

This one sounds simple enough, but it takes a certain combination of humility and self-confidence to be able to truly take in constructive criticism. It's hard to hear uncomfortable or unflattering truths about ourselves, right? Even if you can sit and take it with a smile, there are often involuntary emotions that bubble below the surface: defensiveness, anger, shame, vulnerability. Being able to sit with those feelings while also knowing that it doesn't define you takes an emotional maturity that will also allow you to act on that feedback in a productive and realistic way. Next time you're offered a piece of feedback about yourself, whether that's formally at work, or informally at home, accept the feedback and reflect on it, instead of getting defensive right away.

Nurturing your self-awareness helps you to be more in tune with your own needs, tendencies, and triggers, which are crucial for personal growth and healthy relationships.



## WELCOME TO LAKEVIEW CHAPEL

Sunday, May 23, 2021 / Worship 10 AM

### Welcome & Announcements

Song	Praise To The Lord The Almighty, Hymn 82	
Invocation		
Song	Goodness of God	
Song	Another In The Fire	
Scripture Reading	Daniel 4	Jared & Sarah
Worship Prayer	Chad	
Message	Pride Before The Fall	Pastor Dave
Song	Great Are You Lord	
Song	God Is Great	
Benediction		

Sermons are available online at:

<https://www.lakeviewwego.com>

<https://www.facebook.com/lakeviewwego>

## Events and Information

**SUMMER NIGHTS WITH JESUS** - This year, our special summer family ministry will be a series of fun nights spread throughout the summer. **Summer Nights with Jesus!** We will be doing things like a family scavenger hunt, a slip-n-slide night, a movie night, and other ideas you suggest! If you are interested in helping in any way let Patti know.

**GREAT COMMISSION DAY 2021** – Today is the last day to give to this special offering that will be used to help **40 new workers** go to nations they are called to serve. AND thanks to a generous donor, all gifts given will be matched up to \$150,000.00! You can join with others across the country to give to this special need. Label your gift “**GO**” to join with others all over the world who are giving to complete the Great Commission Jesus has given to His Church.

**EVENING OF SCRIPTURE & PRAYER** – Please join us for a time of scripture & prayer on Sunday, May 30 at 6 PM to be led by Duane & Doris and Jeff.

**CHANGE FOR LIFE CAMPAIGN** - Change for Life is an easy way that we as a church can help provide godly guidance for mothers in distress at Life Choices Center. Simply pick up a baby bottle, fill it with cash, check, or coins and return it by Sunday, June 27 or donate online through our unique Change for Life giving page. <https://life-choices-center-inc.networkforgood.com/projects/129922-lakeview-chapel-s-fundraiser> Life Choices Center is looking to raise \$55,000 during this year’s campaign all to help women and men in our community before, during, and after unplanned pregnancies. Let’s help them make this campaign a huge success! To learn more about Life Choices Center, visit: LifeChoicesCenter.org.

**UPCOMING MISSIONS EMPHASIS EVENT** - An IW will join us on Sunday morning, June 20 at 10 AM. They will share with us about the work God is doing in Gabon, Africa.

**JUNIOR CHURCH HELP** – Want to make an impact on a child’s life? Why not join the Junior Church Team! Please contact Patti if interested.

**We're building a community of faith in God  
that LIVES WELL but not by SIGHT.**

## Small Group Ministry

### **Small Group News**

Doug & Maybell are re-starting their small group. They will be meeting every Tuesday at 9:30 AM at their home starting on June 1<sup>st</sup>. If you are interested in attending, please call (607) 687-3261.

**Adult Group (Led by Steve & Kristie)** Meeting Friday evenings 7 PM at Steve & Kristie’s home. Using ‘*The Steps to Freedom in Christ*’ material. For more information, call (607) 687-3261.

**Couples Small Group (Led by Chad & Judy)** Tuesday evenings 6:30 PM. Meeting at Lakeview in the Fellowship Hall. Reviewing ‘*The Art of Marriage*’. For more information, call (607) 687-3261.

**Women’s Bible Study (Led by Anne)** Tuesday mornings from 9:30 AM-12 Noon at Lakeview. Meeting in the sanctuary.

**Men’s Bible Study (Led by Pastor Dave)** Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the Fellowship Hall. Studying the book of Acts.

**Prayer Group (Led by Art)** Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the 1st floor classroom by the stairs.

## Wednesday Night Youth Programs (6:30-8 PM)

**IMPACT** (Teen Group 6th–12th grade)

## This Weeks Calendar

Tuesday	9:30 AM	Women’s Bible Study
	6:30 PM	Couples Small Group
Wednesday	6:30 PM	Prayer Meeting
	6:30 PM	Men’s Bible Study
	6:30 PM	IMPACT Teen Group
Thursday	6:00 PM	Elder’s Meeting
Friday	7:00 PM	Adult Small Group

*Because you are my help, I sing in the shadow of your wings.  
Psalms 63:7 NIV*