

SELF-AWARENESS



PERSONAL CHALLENGE

Answer the following six open-ended questions and provide at least three answers to each:

1 What I really like about myself is:

1

2 Some key things most people don't know about me are:

2

3 Some key things I think many people misunderstand about me are:

3

4 Things about my behavior that annoy other people are:

4

5 What am I most excited or worried about as I drive to work each day?

5

6 Personal habits or thought patterns that get in the way of me adding more value to my team:

6

Are the characteristics, traits and behaviors you “see” in the mirror also the ones seen by others looking in at you? How do you know? Reading through your answers, what is the biggest thing you’ve learned about yourself during this self-assessment? Think about how you can best share this with your team members at your next weekly meeting. What can you share with them that they might not already know—they’ll be sharing, too!