

SELF-AWARENESS



PERSONAL CHALLENGE

Finish each of these sentences with what you believe to be true:

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

1

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

2

Things about my behavior that annoy other people are:

3

What I really like about myself is:

4

What am I most worried about as I drive to work each day:

5

Personal habits or thought patterns that could be getting in the way of me adding more value to my work and 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 while answering these questions?