

Self-awareness study

This document serves as a great self-reflection assignment. The rules are simple: work your way through each section and uncover things you may have not realized about yourself. Do not feel pressured to share this with your mentor, but by all means feel free to do so. Enjoy!

Assignment #1 - The Formative Years

Write down YOUR STORY from your early childhood – up to the end of 10th grade.

Describe life influences and vivid memories (family, teachers, friends, events)

What hobbies did you have? What did you do for fun?

What were the significant challenges that you faced? How did you respond?

Assignment #2 - The More Recent Formative Years

Continue YOUR STORY - 11th grade through college...

- What were your career goals? Did this change often?
- Did you want to continue schooling? If so, what did you want to study?
- Did you want to go into the military? If so, what specialty?
- Did you just want to go to work? If so, what type of work did you want to do?
- Which decision did you select? What was the determining factor in making the decision?
- Looking back, did you make the right decision – knowing now more about what you’ve “become” and or “are”?
- Describe life influences during this timeframe – again, influential events, people (good AND bad)
- Any significant life changes?
- What memories from this time period still influence/shape you?
- What were the significant challenges that you faced? How did you respond?

Assignment #3 - The Working Years – Real or Forecasted – to date and beyond

Continue YOUR STORY - Current/Most Recent Profession

- Who have been the most influential managers that you have worked with over the years (positive OR negative) and Why?
- Who have been the most influential peers that you have worked with over the years (positive OR negative) and Why?
- Who have been the most influential direct reports that you have worked with over the years (positive OR negative) and Why?
- What professional strengths have you identified as a result of your various roles? Any real surprises?
- What professional weaknesses have you identified as a result of your various roles? Any real surprises?
- What have been your greatest professional achievements (so far)?
- What have been your greatest professional challenges (so far)? Did you meet the challenge – is it a work in progress – have you thrown in the hat?
- What opportunities are there for you within the organization?
- What opportunities are there for you within the department?
- What individuals present the greatest threat (professional OR personally – but more from a professional standpoint) to you?

Assignment #4 - Leadership

With each of the 11 leadership traits, provide an example of when you exhibited that trait, and provide an example of when you didn't, or when you could have done a better job in exhibiting that trait.

- Ambition
- Patience
- Humility
- Humor
- Vision
- Compliance
- Tolerance
- Courage
- Accountability
- Gratitude
- Perseverance

Are there any leadership traits as listed above that you believe should not be included?
Are there other leadership traits that you believe are essential (beyond the above list)? Why?
Provide examples from your experiences...

Assignment #5 – The Life Line Graph

Draw a Line Graph of your Life to date...

The Y-Axis is your general state of mind – positives/negatives/average
The X-Axis is time (in years)

On the Graph, show:

- Prominent Personal Events
- Missed Opportunities
- Recognized Challenges
- Segment the graph in Sections/Themes
- Name each Section/Theme and explain your choice
- Characterize each Section as an Animal and explain why
- Identify each Section as a particular song (and/or movie) and explain why

Assignment #6 – The College Line Graph

Same as above – just focusing on your collegiate experiences