Looking to the Past

You can gain self-knowledge in the everyday things that you do, if you pay attention. Let’s look at Damon’s examples:

Activity/Event #1 Damon got very frustrated when his teacher told him what to do.

What did you learn about Damon?

How can this information relate to Damon’s career?

Activity/Event #2 When his friend was upset, Damon did a good job making her feel better.

What did you learn about Damon?

How can this information relate to Damon’s career?

Looking to **MY** Past

You will now examine some everyday things that you do. Choose 5 different events that you have experienced recently. Is there anything that you can learn about yourself from those experiences?

Activity/Event #1

|  |  |
| --- | --- |
| What can you learn about yourself? | How can this relate to your career? |

Activity/Event #2

|  |  |
| --- | --- |
| What can you learn about yourself? | How can this relate to your career? |

Activity/Event #3

|  |  |
| --- | --- |
| What can you learn about yourself? | How can this relate to your career? |

Activity/Event #4

|  |  |
| --- | --- |
| What can you learn about yourself? | How can this relate to your career? |

Activity/Event #5

|  |  |
| --- | --- |
| What can you learn about yourself? | How can this relate to your career? |