

The Doubler



Week Three - Developing Self-Awareness

What are the benefits of being self-aware? Are you self-aware?

To know yourself means to know what makes you “tick.”

- What makes you happy? _____
- What makes you sad? _____
- What makes you laugh? _____
- How do you respond to these emotions? _____
- How do you respond to negative situations? _____

When we know ourselves well, we can decide what to do when adverse things happen.

- If something makes us irritated or upset, we can cheer ourselves up.
-

- If something makes us angry or frustrated, we can calm ourselves down.
-

21-day challenge: The Doubler

Make sure you make an entry into your journal for today!

Don't forget, your “doubler” experience should have three things details to describe it and be within the last 24 hours.

Weekly To-Do's:

1. Continue on your 21-day Journaling challenge and keep it going!
2. Make sure to use your 21-day challenge Journal to track your progress.

Alternative Discussion

- How do people demonstrate or express self-awareness?
- Who do you know that stands out as self-aware?
- What percentage of your co-workers would you consider to be self-aware? (Careful here, no pointing!)