

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?
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Activity/Event #4

What can you learn about yourself?	How can this relate to your career?
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Activity/Event #5

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