

# Module 1

## Learn to Develop Self-Awareness



1.A.1

### My Lifeline

#### Directions

#### 1. Pick key events and experiences in your life.

Examples include victories achieved, challenges faced, fears overcome, stands taken, and lessons learned.

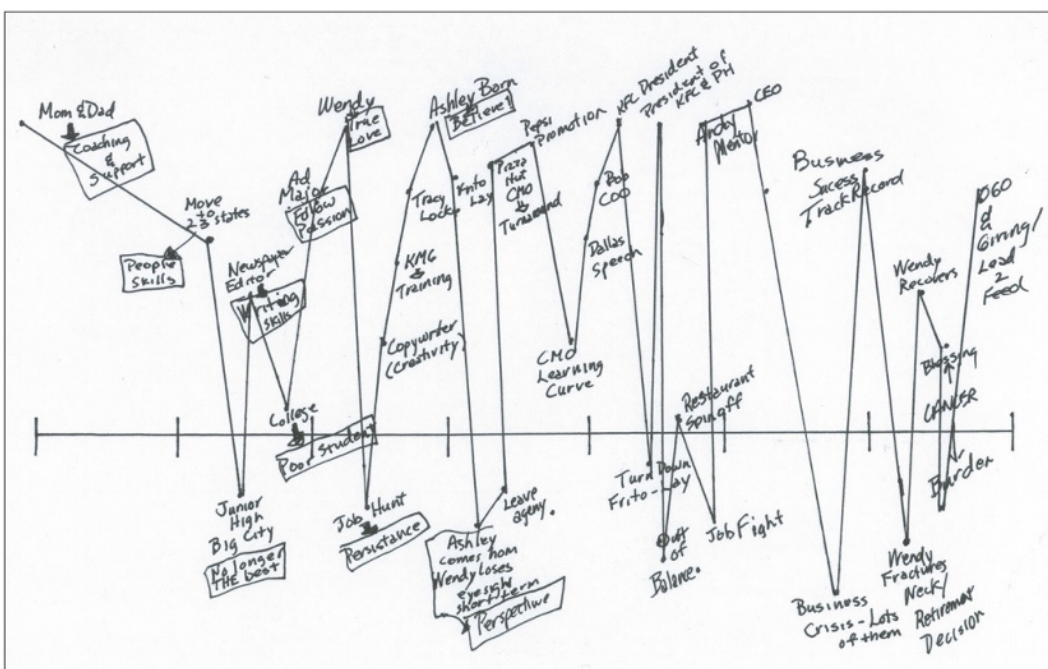
- You get to choose the experiences that have shaped you. It could be anything— achieving a goal, making a new friend, receiving an award, traveling with your family, moving to a new school, losing a pet, completing a project, joining a team, losing a championship or graduating to the next level.

#### 2. Place these events on your Lifeline in the order in which they happened,

- Put happy or good things above the line and sad or bad things below the line. Place them higher or lower to show how you felt about them at the time. You are shaped from both the highs and lows in your life. An experience that made you very happy should be higher on your Lifeline, while something that was sad should be lower.

#### 3. Connect the dots.

- When you are finished, draw a line that connects the events by the date they happened. Add notes or pictures to make it more personal.

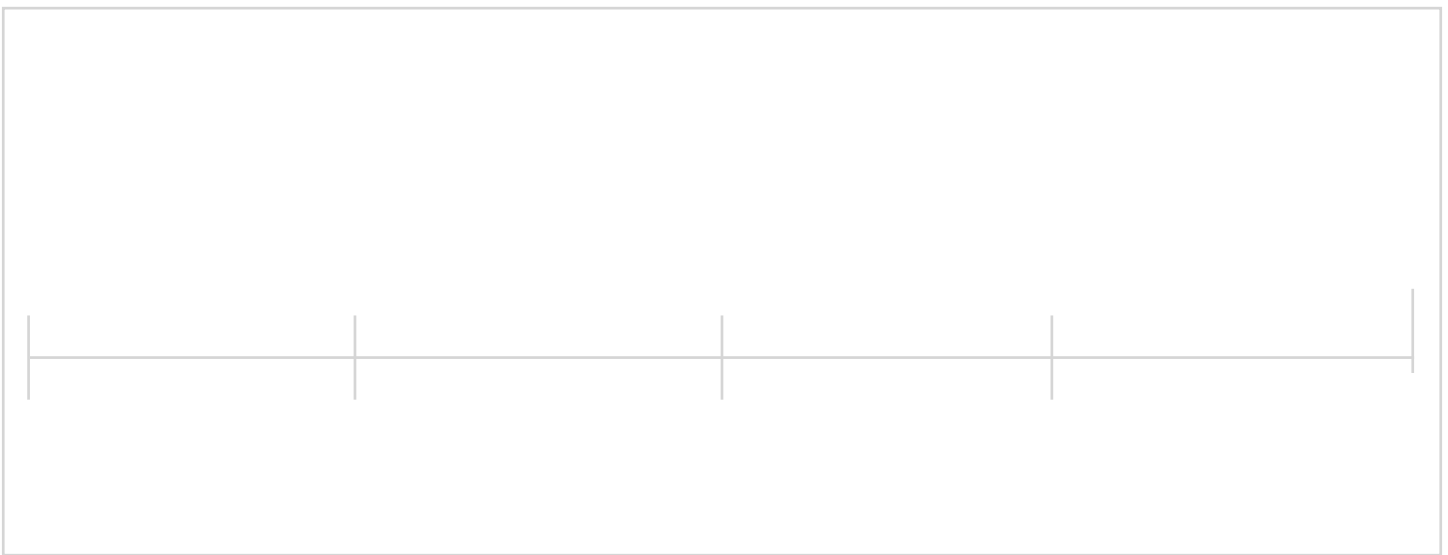


This is David Novak's 'My Lifeline' exercise. You saw David in the video in this module. He's the Co-Founder and retired CEO of Yum! Brands — the parent company to Taco Bell, Pizza Hut and KFC. David grew that business to be worth \$32 Billion Dollars and he uses the leadership lessons he learned along the way to teach you the power of leadership in this Course.

# My Lifeline

1. List key events in your life.


2. Draw your lifeline.



**Q** What are three specific things you learned about yourself?

**Q** What experiences have shaped you the most as a person? Explain.