



1.B.1

The 3x5 Card Exercise

Directions

Identifying qualities and characteristics that describe who you are today and using that knowledge to define who you want to become in the future will help you identify areas for personal growth and improvement. Leaders are always reflecting on their strengths and working to grow those characteristics to move forward in their journey.

Use the activity in your Student Workbook or a 3x5 index card and create a chart like the one below. On the left side of the index card, write 4 or 5 words that describe you, such as strengths you possess. For each word or phrase, write down on the right side of the card a way to be even better in the future.

1. What am I today?

What are five words or phrases that people would use to describe you? (Be honest)

2. How can I be even better tomorrow?

For each word/phrase, write a way you can be better in the future (How can you use your strengths even more? How can you improve the areas where you are weak?).

What am I today?	How can I be even better tomorrow?

Example: David Novak's reflections

What am I today?	How can I be even better tomorrow?
<i>Passionate/Convicted</i>	<i>Don't overwhelm/intimidate others</i>
<i>Creative</i>	<i>Stay focused until job is done!</i>
<i>Instinctive</i>	<i>Balance with facts/process and discipline</i>
<i>Driven for results</i>	<i>Instill even more urgency—So what? Now what?</i>
<i>Striving for balance</i>	<i>More time at home, stay in shape</i>