

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.

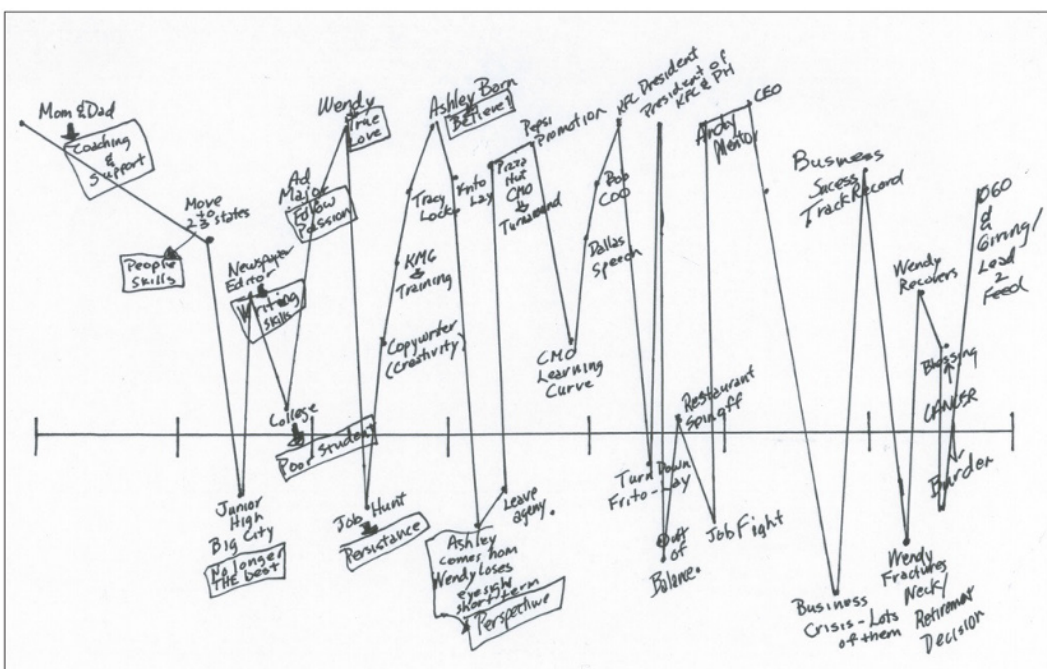
- You get to choose the experiences that have shaped you. It could be anything— achieving a goal, making a new friend, receiving an award, traveling with your family, moving to a new school, losing a pet, completing a project, joining a team, losing a championship or graduating to the next level.

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.

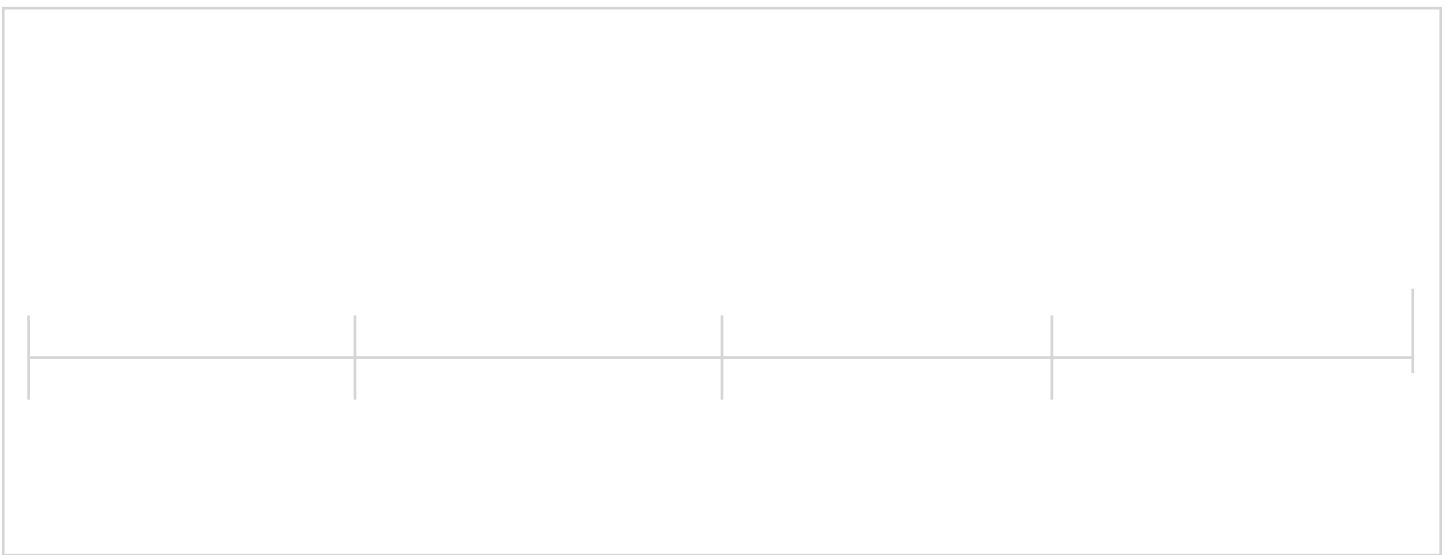


This is David Novak's 'My Lifeline' exercise. You saw David in the video in this module. He's the Co-Founder and retired CEO of Yum! Brands — the parent company to Taco Bell, Pizza Hut and KFC. David grew that business to be worth \$32 Billion Dollars and he uses the leadership lessons he learned along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



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>



1.B.2

Three Big Questions

Directions

Think about the key events that have influenced who you are today and about the specific ways you can become even better tomorrow. It's time to make big things happen in your life.

Read the three big questions below and record your thoughts. Asking these questions will help you set BIG goals, and the first job of a successful leader is to have a good idea of where you want to lead people.

Q What's the single biggest thing you can imagine that will help you grow or to change your life?

Q Who do you need to affect, influence, or take with you to be successful?

Q What perceptions, habits, or beliefs do you need to build, change, or reinforce to reach your goals?