

DIA – Self Awareness Workshop

Pre-work

When you are aware of what makes you tick, you will understand who you are and how your values and desires could impact your actions. This worksheet will start the journey toward self-awareness.

My definition of success is:	
I want my family and friends to remember me as:	
I want my professional community to know I:	

Top 5 activities that recharge or reenergize me:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Take time to reflect on the following – write everything down

What am I good at?

What have others complimented me about?

What activities or behaviors have others pointed out that are an opportunity for improvement?