

10 pts Questions **Behavior: (What now?...my ideas are starting to emerge!)**

- **What is the most significant take-a-way you have gained from your study this week?**
  - o Something that stuck with me is that going through the lesson I realized that teamwork is both knowing yourself and others. The importance of having self-awareness allows you to work better with others and navigate the way you can work better with your other teammates. Additionally, even if you lack self-awareness, it's a skill that you can work on by understanding the principles that relate to better self-awareness.
- **What would you do differently next week?**
  - o This week, I saved some of my preparation notes for the last minute, which was a shame because the preparation material for class was pretty good. Additionally, I want to be able to dive deep into understanding self-awareness or next week's topic and try improving those skills. If I try to improve those skills during the week rather than just take notes the lesson will probably stick better in my head and have a greater effect in my life.

20 pts Questions **Cognitive: (Wow, I learn?... Ok that is deep!)**

- **Why is this week's topic important for teamwork?**
  - o Since teamwork is complex, and working with people from different backgrounds is difficult, you can improve teamwork by having internal and external self-awareness, and personality accountability. By understanding yourself and where you stand as an individual you can better account and work with others. Additionally, it's easier to work on personal issues than the issues of others. And often, by working on personal issues, you might be able to solve whatever issues might've been affecting your teamwork. Something else that was interesting throughout the week was how understanding your personality could relate to the way that you interact with different teammates. By having a firm understanding of self you're more adaptable to different individuals.
- **How does your experience relate to other experiences you have had?**
  - o This week's lesson definitely relates to how I am with my brother. Much like any set of brothers, there are times where we get along and times where we can get on each other's nerves. This past week, my brother and I were on each other's nerves. Something that I noticed is that since I have a more introverted personality, the idea of bringing up issues with my brother and confronting the problem isn't quite my strong suit.

However, it was the lesson on self-awareness that helped me realize the importance of understanding myself, and the repercussions of lacking in self-awareness. By bring up issues, in a way that took personal accountability of the issue I was able to resolve some of the issues I had with my brother. Now, just because I was able to solve some issues doesn't mean that I was able to get along with him completely, there are times where we still get on each other's nerves. However, whenever those times happen, I feel more capable of bringing those issues up, recognizing when I was the one who was at fault, and work towards a solution.

- **Tell me about what you taught someone? And what did they learn, that they didn't know before?**
  - o Going back to my earlier example of how my brother and I were able to resolve a dispute through relying on self-awareness and personal responsibility. During the week, I was able to discuss with my brother some of the important aspects of self-awareness and how it relates to getting along with others. Since self-awareness is something that everyone can work on, it was great to discuss how we can both work towards getting along better with each other without the drama and emotional arguing that typically occurs with arguments or issues between family. By coming at the issue with a logical mindset and humility resolving our dispute was much easier than it'd been in the past. Something that my brother didn't understand is how self-awareness could impact our relationship, but once I was able to share my notes and sources that I took for class he was better able to grasp the topic and gain a better understanding.
- **If this was a religion class, how would you relate this week's topic to the gospel?**
  - o This week's topic relates to a talk by Russell M. Nelson entitled, "Self-Mastery". In this talk, President Nelson talks about how before we can master ourselves, we need to know ourselves. By knowing ourselves we can better control different aspects of our condition, and not be controlled by other natural inclinations like being angry. Since we have bodies that are physical and imperfect, our reactions and emotions are imperfect. By understanding self-awareness, we can practice important things like reflection, insight into our actions, rumination on our mistakes, and mindfulness. These simple actions of self-awareness can better enable us to work with others and empower those around us to do the same. Much like fasting, self-awareness relies on being logical rather than emotional. By thinking things through and thinking of the importance of our actions we can better ourselves greatly.