Reflection Name: Joanna Gohnert Total Points: 100

* 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?

The most significant take away that stuck with me in this weeks lesson was how fluid my personality can be. I took the 16 personality types test three times in my life, and each time I had something similar but different. It was nice to learn that personalities can change over time for a lot of people, and that it’s okay to ask for a different position in a team if your personality isn’t fit for a certain kind of job.

* + - What do you do, steps, or processes related to this week's topic?

I did a lot of self-reflection this week to better understand myself and what goals I expect of myself during this semester. Doing so has helped me prepare for my classes to better understand where I align with those around me and how I can adapt in order to achieve the goals I have set for myself.

* 20 pts Questions **Cognitive: (Wow, I learn?... Ok that is deep!)**
  + - Why is this week's topic important for teamwork?

This week we learned a lot about ourselves and how our personalities can benefit each other because of our differences as a team. Knowing about our personalities and being more honest with ourselves when it comes to our self-awareness will benefit us greatly when we strive to improve our teamwork and our efforts to do better each day.

* + - How do plan on contributing to the team, besides completing your tasks?

I want to be more self-aware and accepting of criticism so that I can better myself as a person and as a professional. Understanding my flaws is the first step towards change, and changing will help me be more adept to the many different situations that can occur within teams full of differing ideas, work ethics and responsibilities.

* + - How does your experience relate to other experiences you have had?

I had to be self-aware of myself many times when I started working for the first time, and realize that I had to put myself out there more and not be closed off all the time. I really like the idea of being aware of my flaws, and doing so has helped me gain new opportunities within the community I worked, and has given me the flexibility I needed to take charge as a manager when my boss had to undergo surgery and months of recovery.

* + - If this was a religion class, how would you relate this week’s topic to the gospel?

Currently in my religion class I have to write a discipleship plan and try to overcome a weakness of mine during this semester, and reflecting on myself over this past week has helped me to be a lot more self-aware and understanding of myself. None of us are perfect, and that is why it is good to desire changes in our lives, and to start, we need moments like this to reflect on what it is that we need to be aware of in this life so that we can benefit our lives in the future.