

## 11. Developing Self-Awareness

### Quiz 1:

#### Question 1 of 3

What do your values help you understand?

- ☐ **all of these answers**
- ☐ why some situations simply feel wrong
- ☐ the way different environments make you feel
- ☐ what matters most to you

#### Question 2 of 3

Motivations and drivers can change over time.

- ☐ **TRUE**
- ☐ FALSE

#### Question 3 of 3

Your beliefs about a situation .

- ☐ will always remain the same
- ☐ are always accurate
- ☐ are usually based on factual evidence
- ☐ **will cause you to react or respond to the event**

## Quiz 2:

### Question 1 of 3

The feedback cycle .

- ☐ all of these answers
- ☐ is only important if you're a manager
- ☐ **promotes continuous development**
- ☐ creates blind spots

### Question 2 of 3

Impact is .

- ☐ **the other person's perception of how you come across**
- ☐ how powerful your communication style is
- ☐ how you want others to see you
- ☐ the impression you want to make

### Question 3 of 3

When building self awareness, it's important to always identify which perspective is correct.

- ☐ **FALSE**
- ☐ TRUE

## Quiz 3:

### Question 1 of 4

What is critical when receiving feedback effectively?

- ☐ critiquing the feedback you receive
- ☒ **listening without judgement**
- ☐ taking advice you're comfortable with
- ☐ finding ways to challenge other people's perspectives

### Question 2 of 4

The ripple effect is caused by .

- ☐ an email communication
- ☐ stress and anxiety
- ☐ slowly losing motivation
- ☒ **one person's emotions and behaviors**

### Question 3 of 4

Reflection is a simple self awareness technique because .

- ☒ **it's a simple technique which you can use alone**
- ☐ there's always a simple answer
- ☐ you can download a template
- ☐ it's an easy process

### Question 4 of 4

Riding the challenge wave is about .

- ☐ holding out until the situation has completely changed
- ☒ **viewing challenges as opportunities to learn, grow, and develop**
- ☐ finding ways to minimize the amount of challenges you face
- ☐ getting back to normal as quickly as possible

## Quiz 4:

### Question 1 of 3

There are three key factors that help to create success when developing self awareness.

- ☒ **TRUE**
- ☐ FALSE

### Question 2 of 3

Why is reviewing your action plan critical?

- ☐ You only have to complete the exercise once.
- ☐ You will never create the perfect strategy.
- ☐ It will point to how others can help you achieve your goals.
- ☒ **It helps you to test whether you've got the right strategy in place to achieve the best results.**

### Question 3 of 3

It's important to focus on creating a building self awareness action plan in order to     .

- ☐ put your new knowledge into practice
- ☐ avoid slipping into old habits
- ☐ focus upon specific steps you can take to achieve results
- ☒ **all of these answers**