Hand in through Moodle drop box, due date listed on Moodle.

1. Identify a challenging situation at work, school, etc. – one that frustrates you and for which you have some responsibility.

I find driving to be somewhat frustrating at times. I’m normally a very laid back person but I can get a little stressed in traffic.

1. Identify areas of concern.

I find that when I get stressed out in the morning it can throw the rest of the day off because it can become hard to calm down.

1. Identify areas you can influence.

I can control my response to how I get stressed while driving. I just need to remember to relax and take it easy.

1. What actions will you take this week in your Circle of Influence?

I will ride my bike to work when I can so I don’t have to drive. I will also take a deep breath to avoid letting the stress build.

1. List and explain the four human endowments:
   1. Self-awareness: Allows us to be aware of our talents and weaknesses.
   2. Conscience: Allows us to be aware when we have done something wrong.
   3. Imagination: Provides us with ideas to improve ourselves.
   4. Independent Will: Provides the desire and ambition to improve ourselves.