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## PERSONAL IMPACT REFLECTION ESSAY

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Communication & Collaboration I: Personal Impact – MGT-6046 -FMBAN1



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## **The Best Foot Forward: Personal Impact Essay**

It was the second wave of coronavirus that caused me to lose my father, move away from serious relationships, complicate situations, move out of pain, and take on family responsibilities.

Choices define human beings. The decisions we make not only impact our lives but leave their shards in others' lives too. However, we often struggle to make the right choice for ourselves, choices that will give our lives meaning. It is said that a person is reborn the day they find meaning in their life, the reason for their existence. Still, often, we find ourselves clouded as we get lost in the mundane chaos of our lives. Chaos drives us as we get caught in one complex situation and then the other. After thorough consideration and discussion with myself regarding my future roles and aspirations, I have come to realize and accept my impeccably pragmatic and educational insights in the field of data analytics.

Stepping into a new country to rediscover myself and to skill up, it is important for me to understand the challenges as they come from language barriers, differences in work cultures and environments, and learning how the clients work, I am in taking up new adventures pushing me forward to act as a guiding force for myself which could lead me towards success. With an advanced level of skills and a keen interest in learning new ones so, I kept my best foot forward.

I have always believed that individuals who have the will and determination to achieve something they like will always try their best to overcome the extra mile for it. Achieving those goals by honing existing skills and learning new things on the journey is, for me, a very desirable trait.

Staying true to my beliefs, I have constantly tried to teach these things right from my schooling years. I have taken up incessant endeavors to overcome challenges, and experiences, and push my boundaries to become better, as a person.

I always strive to do something great, but something strings me in constant is how to be focused without getting affected by external factors it was said “Moments of greatness: Staying away from external stimuli allows us to continue working, but it also allows us to ignore signals that indicate the need for change”. (Quinn, 2005) this, I could possibly figure out answers for that, but managing energy by four parameters impacted me the most “Manage your energy, not your time: The four parameters in each energy dimension Body, Emotions, Mind, Human Spirit” (Schwartz & McCarthy, 2007). And to be authentic which comes with self-awareness I started learning from myself more through the five-step path from “Be Yourself, but carefully: A Five-Step Path” (Rosh & Offermann, 2013).

## References

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## **Hult Alum social capital challenge**

Interview

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Current role – Devops Engineer at Stellar IT Solutions.

### **Personal Branding Project**

**Prof. Fisher  
Brand Management**

Managing the branding efforts of others has been the focus all term, however you have all heard of the need to brand yourself to find success in the job market.

However, branding yourself is easier said than done. You need to be focused and concise in your messaging... sure... but how?

Personal branding is of particular importance for those just starting out, making a career move, and those that wish to move to really stand out from the crowd. Stated more simply... it is important to brand yourself when you have little experience to define who you are to others... and it is also important to brand yourself when you dislike being labeled by others. Crafting your brand enables you to exert control over your identity. Your conception of who you are is likely to be a manifold of ideas and projections of how you wish to be known by others. The challenge lies in realizing that much of your career success lies not with individual achievement, but rather with how others view you. Furthermore, this challenge is compounded by the fact that while you are the most important person in your life, you intermittently enter the lives of others and are not nearly as important to them as they are to themselves.

Writing about you is difficult.

You need to confidently project your skills and experiences, but also display a degree of humility such that others want to be associated with you.

Arrogance and ignorance go hand in hand.

This short project is aimed at helping develop your own brand mantra and mission statement... not simply the theory of its merits but doing it.

This project can help you concisely develop the image of you that you wish to promote. Done properly, it can help you with cover letters and interview questions.

This exercise is intended to give you a simple starting point for building your own brand.

Theme: If your personal brand were a...	Item Representing Your Personal Brand	3 Adjectives you Would Use to Describe It:	Your FINAL selected adjective that most resonates with WHO YOU are:
Car	The Classical Ambassador.	<ul style="list-style-type: none"><li>• Classic.</li><li>• Vintage.</li><li>• Antique.</li></ul>	Antique
Music Genre	Rap rock Of Toby Mac.	<ul style="list-style-type: none"><li>• Energy.</li><li>• Spreading Good news.</li><li>• Hope.</li></ul>	Hope
Dessert	Shad Ruchulu.	<ul style="list-style-type: none"><li>• Experiences.</li><li>• New Start.</li><li>• Emotions.</li></ul>	New Start
Book	Men are from Mars Women are from Venus – John Gray.	<ul style="list-style-type: none"><li>• Modes of behavior.</li><li>• Communication without conflicts.</li><li>• Intimacy to grow.</li></ul>	Intimacy to grow

### **Brand Mantra:**

Use the adjectives to focus your thinking about whom you want to present yourself as.

The final selected adjective for each row should help you develop a more concise sense of identity. The resulting clarity should help you in selecting jobs to apply for, crafting cover letters, and practicing responses to interview questions.

Now... write your own brand mantra:

An antique piece that takes a step towards new beginnings and a wish for growing intimacy.

## **YOUR TALENTS:**

[SEP]a. "Reflect on your life and identify at least seven occasions that you recall as high points or peak experiences. (It doesn't matter how old you were when these high points occurred.) These are memories of times that gave you a great sense of pleasure or achievement. They are highly meaningful for you. List them in the spaces below. Take them from different areas of your life, including your childhood, education, work, and leisure pursuits.

1. 1<sup>ST</sup> achievement in life – learned to ride a cycle at age of 7
2. Being 1<sup>st</sup> to get placed during the 3<sup>rd</sup> year of bachelor's.
3. Gift first-pay cheques to parents.
4. Coming out of pain after the loss of my father.
5. Overcoming the pain after breaking from a long relationship.
6. Taking my father's responsibilities and making my sister's marriage.
7. Getting my US visa for a new start.

[SEP]If you recall more than seven high points, write the extra ones down too. The higher points you have on the sheet of paper in front of you, the easier it will be to identify themes emerging from them.

Be careful not to select events just because you consider them socially acceptable or likely to impress others. Choose those that are meaningful for you.

b. For each high point, ask yourself:

- Which talents was I using and enjoyed using the most?  
⇒ Planning and making a strategy before making a move.

- With what kind of people?
- ⇒ With my peers, relatives, and colleagues.
- In what type of situation?<sup>[L]</sup><sub>SEP</sub>
- ⇒ In my academics, workspace, and personal life.
- c. Now list your talents, starting with those that give you the most energy when you use them.
1. Event Management.
  2. Making Strategies.
  3. Spreading hope.
  4. Good Listener.
  5. multi-tasking.
  6. Goal-oriented.
  7. Workaholic.

Write down any common themes in your high points.<sup>[L]</sup><sub>SEP</sub>

#### YOUR VALUES<sup>[L]</sup><sub>SEP</sub>

Write down the names of all the people you admire most, in the space below. Include friends and neighbors, close or distant members of your family, world leaders, authors, artists, sportspeople, media personalities, colleagues, and so on. Include the living and the dead. You can also include fictional characters, from television, film, or literature. Write down as many as possible - aim for at least 20.<sup>[L]</sup><sub>SEP</sub>

Names

1. Bathula Jaya Prakash (Father)
2. Charitha (Mother)
3. Jesus Christ (Son of God) - Biblical
4. Abraham (Father of nations) - Biblical
5. Paul The Apostle - Biblical

6. Dr.B.R.Ambedkar – Philosopher
7. M.S. Dhoni (Cricketer)
8. Alekhya (Sister) - Biblical
9. Moses (10 commandments) - Biblical
10. Daniel (Follower of God) - Biblical
11. Noah (Architect of Arch) - Biblical
12. Martha (Maternal Grand Mother) - Biblical
13. Mamatha (Aunt) - Biblical
14. Lokeswara Rao (Uncle) - Biblical
15. Gowtham Yalangi (Cousin) - Biblical
16. Israel Caleb (Gospel Preacher) - Biblical
17. Alekhya (Sister) - Biblical
18. Joseph (Prisoner to Prince) - Biblical
19. David (Young Shepard) - Biblical
20. Esther (Queen) - Biblical
21. Ruth (Woman of Moib) - Biblical

Now write down all the attributes you admire about each person, next to that person's name. Attributes can range anywhere from confidence, beauty, good company, enthusiasm, putting their family first, sincere, healthy lifestyle, kindness, etc.

1. Bathula Jaya Prakash – Responsible, Empathy, Compassion
2. Charitha – Love, Care, Strong, Humble
3. Jesus Christ – Righteous, Holy, Merciful
4. Abraham – Wholehearted, Commitment, Wholehearted
5. Paul – Courage, Respect, Concern for other
6. Moses – Wisdom, Heroism, Empathy
7. Daniel – Commitment, Competent, Creativity
8. Nova – Faithful, commitment
9. Martha (Maternal Grand Mother) – Love, affection
10. Mamatha (Aunt) – Love, Care, Guidance
11. Lokeswara Rao (Uncle) – Love, Playful, Empathy
12. Gowtham Yalangi (Cousin) – Supportive
13. Israel Caleb (Gospel Preacher) - Authentic
14. Alekhya (Sister) – Honesty, Trustworthy, Loyalty
15. Dr.B.R.Ambedkar – Knowledge, Revolutionist, Social Welfare
16. M.S. Dhoni (Cricketer) – Calm, handling failures, Dealing with success, Front Man
17. Joseph – Principled, Humble, Disciplined

18. David – Courage, Acknowledge, Passion
19. Esther – Faith, Patience, Unity
20. Ruth – Kind, Generosity, Honor

Themes will occur and you will see attributes you admire written in different ways. Identify the ones that resonate most with you and write down your top 5, starting with the most important to you. These qualities will reflect your values.

1. Humble
2. Gentle
3. Responsible
4. Righteous
5. Competent

The next step is to ask around and find out the things you cannot stop doing, even when you are not being paid. Write those down

⇒ Being Righteous

Write down the themes you see from the list of things you cannot stop doing.

⇒ Being Competent

Once you are done with this exercise, it should help you have a more focused sense of your purpose/mission statement.

Now... write your purpose/mission statement. Make it concise... and not too “flowery” with words that seem empty. Your goal here is to have a concise purpose statement that conveys that you know who you are and what you want... when you are done, ask yourself if it sounds authentic (run it by a friend and ask them how it sounds).

To be humble, kind, responsible, honest, and competent, to contribute to society, and finally to be inducted into the Hall of Fame and live after death.

#### **Self-reflection worksheet**



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## SELF-REFLECTION WORKSHEET

*"You can't really know where you're going, until you know WHO you are."*

Self-awareness is the foundation on which development is built, both personally and professionally and is a guiding principle to managing your career. Self-knowledge can be defined as having a clear and accurate perception of who you are – including your strengths, capabilities, skills, values, interests and motivations. Use your self-knowledge to identify jobs, careers and work environments that fit with who you are and let you use your talents, skills and interests to do your best work.

Expanding your self-awareness requires deep self-reflection with questions such as:

- "Who am I?"
- "How am I like others? How am I different?"
- "What are my goals"

This Self-Reflection Worksheet will aid you in identifying the following 3 key components: your skills, interests and values. Complete each section on the following pages, including the Core Fundamental diagram to put all the aspects of your assessment together.

## MY SKILLS

Step 1: Rate your ability in every skill listed below from 1 to 3  
(1 being least competent, 2 = fairly competent and 3 = most competent).

Step 2: Select all "3" rated skills and highlight the three top skills.

- 3 Initiate, lead
- 3 Persuade, sell, recruit
- 3 Negotiate, resolve conflicts
- 2 Heal, provide care to others
- 3 Interview, draw out
- 2 Teach, tutor or train
- 2 Communicate well, in person
- 3 Communicate well, in writing
- 2 Convey warmth and empathy
- 3 Examine, inspect, compare
- 3 Work with numbers, compute
- 3 Manage people
- 3 Coordinate
- 3 Organize, classify
- 3 Plan
- 3 Visualize
- 2 Design, use artistic abilities
- 3 Project management
- 3 Accounting
- 2 Social Media Tools
- 2 Control, expedite things

- 3 Supervise, manage
- 3 Consult, advise
- 2 Connect people
- 3 Assess, evaluate, treat
- 2 Speak to groups
- 3 Solve problems
- 3 Study, observe
- 3 Develop, improve
- 2 Attentive to detail
- 3 Counsel, guide, mentor
- 2 Entertain, perform, act
- 3 Motivate
- 3 Instruct
- 2 Research
- 3 Analyze
- 2 Create, invent, innovate
- 2 Compile, keep records, file, retrieve
- 3 Program management
- 3 Programming/coding
- 2 Graphic design tools
- 2 Brainstorm

Other skills not mentioned above:

## MY VALUES:

Step 1: Read each value and decide how important each value is to you, as it relates to the work environment. Rate each value on a scale of one to three with 1 = Least Important, 2 = Somewhat Important and 3 = Most Important.

Step 2: Review the "Most Important" values and *highlight* your top 3 values.

- 3 Variety and change at work
- 3 Be an expert
- 2 Work on the frontiers of knowledge
- 3 Help others
- 3 Help society
- 3 Experience adventure/excitement
- 3 Take risks/have physical challenges
- 3 Feel respected for your work
- 1 Compete with others
- 1 Have lots of public contact
- 3 Influence others
- 3 Engage in precision work
- 3 Gain a sense of achievement
- 3 Opportunities to express your creativity
- 3 Work for a good cause
- 3 Have control/power/authority
- 3 Travel often
- 2 Be rewarded monetarily
- 3 Be an entrepreneur
- 3 Work as a team
- 3 Work in a fast-paced environment
- 3 Have regular work hours
- 3 Set your own hours/have flexibility
- 3 Be wealthy
- 3 Have prestige or social status
- 3 Have intellectual status
- 3 Have recognition through awards/honors/bonuses
- 1 Location of workplace
- 3 Work in an aesthetically pleasing environment
- 3 Work remotely

## MY INTERESTS:

List all the things you really like to do – anything that makes you feel good and gives you satisfaction. For ideas, think back over your day, your week, the seasons of the year, places, people, work, courses, roles, leisure time, family, etc. These areas do not have to be work related. Think of how you spend your free time.

\* Think about the books you read, the magazines you subscribe to, the blogs or articles you read.

\* Think about knowledge you've built up simply because you're interested in a particular area.

\* Think about the volunteer work you do—what are the types of activities you volunteer for.

\* Think about your hobbies—are there one or two in which you dedicate a lot of time to or have become so involved that you've built up a lot of expertise/information in those areas?

\* What are things you find yourself doing often and enjoying, even though you don't have to?

\* What interests or activities would you like to explore more if you had the time?

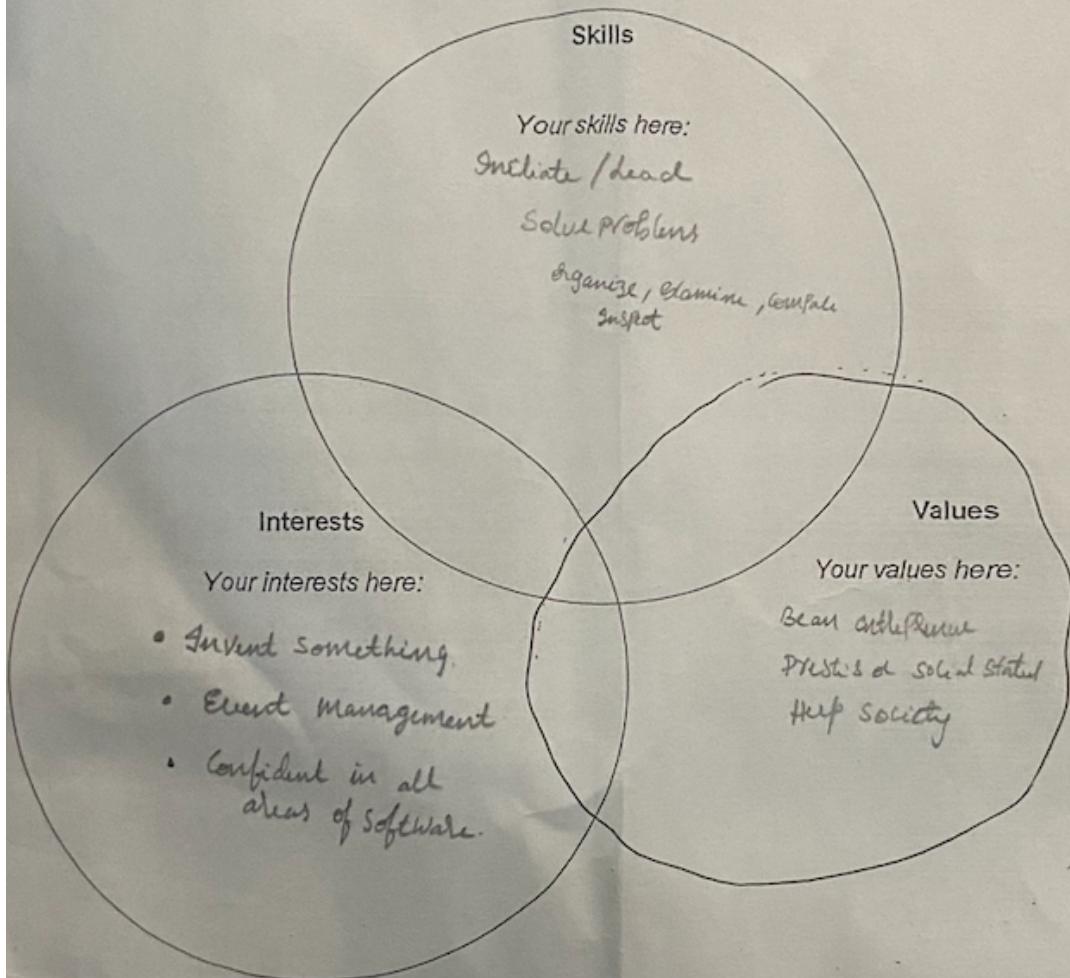
**Step 1: Write down 10-15 interests you have.**

**Step 2: Narrow the list down to 3 interests that you might want to apply to your choice of career.**

- Travel - explore New places
- Wanted to Know the Software/Coding completely. ✓
- Philosophy
- Event Management ✓
- Social Service
- Family man
- Wanted to Learn new Things ✓ - Involve Something.
- Physiology Books
- Surfing
- Social Media

## MY CORE FUNDAMENTALS

Input your top 3 Interests, Skills, Values, in the circles below.



**Great Job!**

You're now further along in understanding what makes you tick.

# Thank You