

Your Personal Inventory

Before you embark upon the journey of self-reflection, I must warn you, you are entering into *The Judgement Zone*. Fear not, with a few simple guidelines you can evaluate yourself with honesty and integrity and no bruised egos.

Take Action: The Ground Rules

- Be compassionate with yourself along the way. This is not an opportunity to be harsh, just specific about areas to polish.
- Be curious about ways that you can expand your ability to express yourself.
- Be committed to the process of observation and evaluation. You will probably not love this part, but do it despite the cringe it will leave on your face. Knowledge is power and when you know where you are, you will know where you want to go.
- If you get stuck in the process, ask a friend for help.
- Do not skip this section!
- Smile along the way. It makes it much easier...

The Questionnaire

Before we dive into this module, take a moment and examine how you typically think about yourself as a communicator. This compassionate self-reflection will give you a better sense of where you are right now so you can chart your path toward a new goal for yourself - an unshakeable positive mindset.

As you will see in this course, a positive perspective about yourself paves the way for a more positive experience in life!

The purpose of these questions are meant to give you a gentle awareness of how you habitually think of yourself right now....

As you begin your day:

- What is your first thought when you wake up in the morning?
- Are you typically happy, optimistic, or content?
- Do you tend to be anxious, overwhelmed, or bored?
- What is your typical mental state as you emerge from sleep?

Throughout the day:

- When is your mind typically at ease?
- Does your mindset shift depending on who you are with?
- What happens when you are alone? With friends? With Colleagues?

When you feel drained:

- When do you find yourself mentally drained?
- What typically triggers this state of mind?
- What do you do to calm yourself down?