Reflection 03 Name: Mickey Nelson Total Points: 100

10 points:

* What is the most significant take-a-way you have gained from your study this week?

I learned that I am an extroverted introvert. I didn’t know that there are more than two categories, I always thought of it in the past as a binary thing. It is interesting to look back on my life and see how I have changed into who I am today when it comes to my social abilities. I have become way more extroverted than I used to be.

* What would you do differently next week?

I sort of rushed through the reading material because I didn’t schedule enough time for it. I made a plan so that I will have enough time to read it a lot more thoroughly next week.

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

I typically am very good at being self aware. I think it would help me though if I ask myself the questions about reflection, insight, mindfulness, and rumination weekly, I will be able to improve. I did something similar on the mission; it is always good to check up on yourself and see how you are doing.

* What did you learn by explaining this week's topic to someone not in this class?

I talked to my mom about the video “the power of introverts.” So often in life it seems like people see introvertism as a negative thing. We are both introverts so we ended up talking about things that we are good at. I learned some things about my self that I didn’t know before, it was very insightful. I don’t want to share though because it was very personal.

20 points:

* Why is this week's topic important for teamwork?

In order for a team to be successful, everyone has to do their very best personally. If just one cog in a clock is broken the entire machine won’t function properly. It is important to be self-aware so that you can better improve yourself. If everyone does this, the whole team will be much more efficient.

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

We are supposed to reflect at the very least weekly when we partake of the sacrament. I feel like the steps needed to be self-aware go hand in hand with reflecting when we repent daily or renew our covenants weekly. It is just as important as it is to spiritually be self-aware as it is physically.

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

I’m hoping to help my team be self-aware themselves, I don’t think I should point out flaws or anything, but I think it would help if I just ask them how they are doing with being self-aware. I know that that would definitely help me, just getting my mindset to focus on that is half the battle I’ve found.