

Workbook Activities

Activity 7 Reflection

Doing this activity was decently concerning for me. Upon writing this letter and really letting it sink in, I realized that I don't really accept compliments that well. To add to that I think I also realized that I fish for those compliments and criticisms and rarely take them to heart. There is some merit to this as I operate independently but it's detrimental because I believe in growth from feedback. If I don't accept that feedback I can't grow. I've gotta give more time to figuring this out.

Activity 8 Reflection

I learned that I've got to work on my emotional sense. That or the social changes due to covid 19 are severely inhibiting my social and therefore emotional sense capabilities. Going with the activity I asked people how they felt about my interactions with them. They have claimed I have become more socially inept. Which is disheartening but probably true. On the plus side I have been able to describe why and what I am feeling more accurately.

Activity 9 Reflection

A lot of my activities are really not helping me towards my goal but I have found that they help me be who I am. What I consider my goals are the traditional success and money type thing but my activities include mostly recreational stuff that isn't helping me on my path to those goals. But I don't want to give them up. I wonder if that these activities can be made into a goal for the professional development of myself.