

# Self Awareness Assignment Template and Instructions

**Life Defining Events.** *This section should describe the events that you believe have had the greatest impact on your personal development and overall sense of “Who I am today”. Consider the Ligon, Hunter, and Mumford (2008, esp. Table 2) reading on the kinds of early events and experiences that have shaped some of history’s most outstanding leaders. Consider also Chapter 2’s discussion of developing “hardiness” and the Shamir and Eilam article on “What’s my story”.*

- *What specific events or experiences have had the greatest impact on your development? What were the important circumstance surrounding the experience and what did you learn about yourself?*
- *Related to above, how did you learn from these experiences? What were the roles of others in this learning process?*
- *What implications do these experiences have on the kind of leader you are or can become?*

**Stress Management and Life Balance.** *This section should flow naturally from those above. In this section, provide a personal analysis of the results of the skills assessments from Chapter 2 and how you can use these data to improve your ability to manage stress. Specific issues to address include:*

- *How do you tend to react and cope in stressful situations? Draw on specific examples of your past – examples that resulted in positive growth and examples that resulted in more negative outcomes.*
- *What kinds of stressors have you encountered and how have you managed them? In future situation, what specific practices can you learn to better manage these sources of stress?*
- *What can you do to strengthen your physical, psychological, and social resiliency?*

## **Implications for my Leadership Performance and Style**

**Impact/Implications of Personality (from NEO/IPIP results).** *Use this section to highlight key insights from your personality assessment. What are the implications for how you work best with others, and how might you have to develop strategies to leverage your strengths and minimize the impact of those characteristic that might limit your leadership skills.*

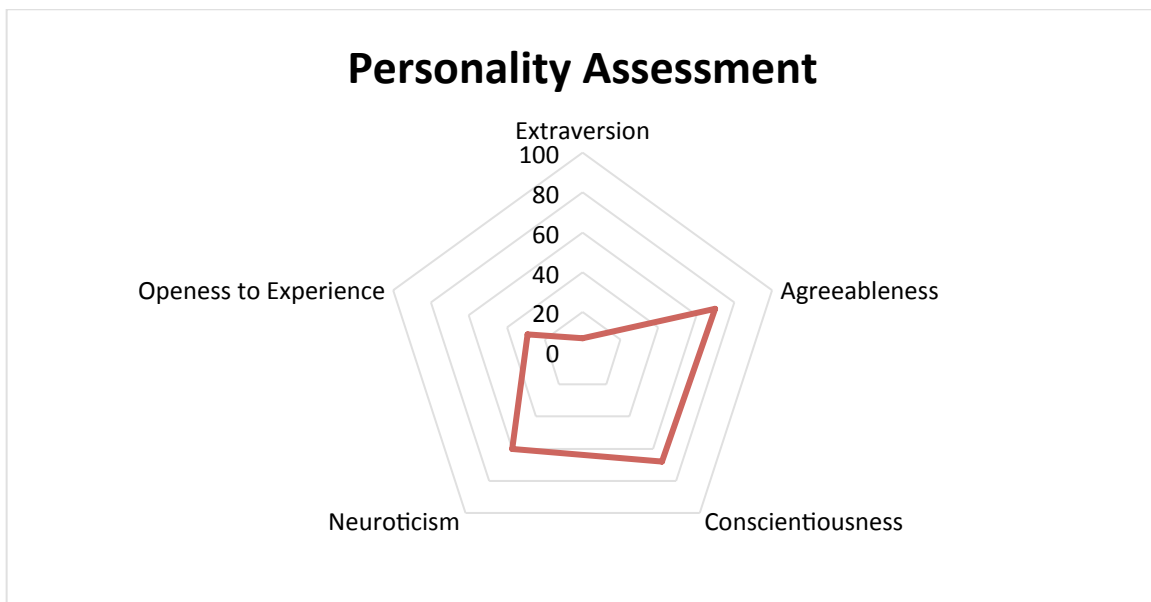
**Impact/Implications of Results from Self-Assessment Tools.** *This section is similar to the one above, except that here you will summarize the results for the various assessment tools. It is not necessary to address every tool used. Use this section to highlight*

*the most significant findings, and as above explain how you might leverage some characteristics and minimize the impact of others.*

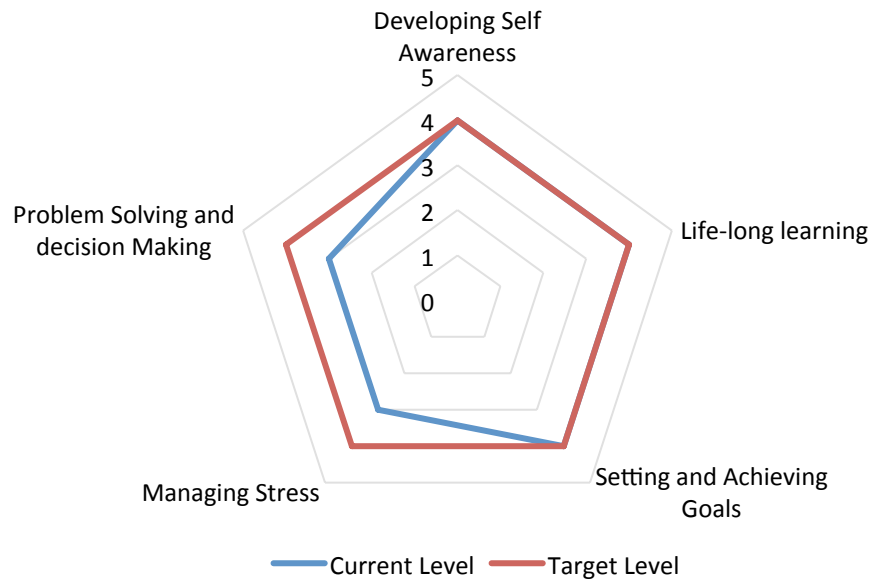
**My distinctive leadership competencies.** *Consider also the results of your feedback and assessments from the class to derive insights on “how I perform” and “how and when I lead”. Consider your experiences as a “follower” and instances where others have looked to you for direction (leadership). Consider also the results from your NEO personality assessment. Specific issues to address here include:*

- *How do I perform routinely and how do I perform in peak, challenging, or stretch situations?*
- *In what types of situations do I perform best as a follower (very strong group contributor)? What strengths do I bring as a follower?*
- *In what types of situations do I perform best as a leader)? What strengths do I bring as a leader?*
- *Who are my leadership role models, and why?*
- *How can I strengthen my performance and leadership styles? These are your developmental implications.*

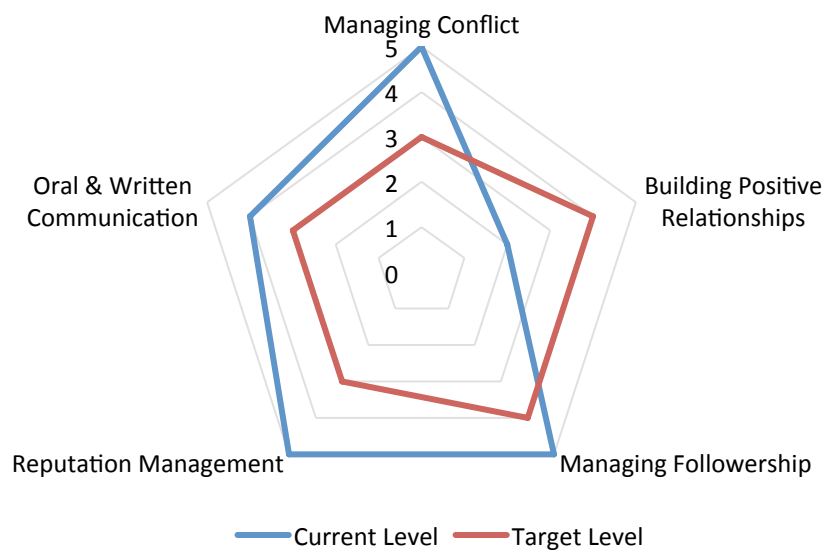
The following charts are an example of how you can present your data. They were created in a spreadsheet using radar plots. You’re free to present your data in whatever format you are most comfortable.



## Personal Domain



## Interpersonal Domain



## Management Domain



## Leadership Domain

