

Chapter 1: Self-Awareness

CHAPTER HIGHLIGHTS

- Make “you” your business
- Self-awareness means having and developing an understanding of who you are and what you can and can’t do
- There are 2 things you have 100% control over: your attitude and your effort
- Identify what you do best and double down on it

FACILITATOR NOTE

Self-awareness is a topic that requires vulnerability to discuss. While it’s critical to have it as a first chapter, it also provides a challenge as the first session. You set the stage for the discussion. Start it off by sharing what you discovered about yourself as you completed the self-tests. Share your strength, your weakness, and the one thing you’re doing to continuously work on yourself. Ask the team to help hold you accountable. Do this before you jump into the session and your team will feel more at ease.



QUICK TAKES (5 MINUTES)

Pick one question to pose to the group.

1. Think back to the story of John Wooden teaching his players how to put on their socks and shoes. It was about managing the basics. On our team, what are the basics, or the equivalent to putting on your socks and shoes correctly to avoid blisters?
2. Simon Sinek believes we’ve lost the ability to excel in one thing. What’s one thing you believe you do that no one else can on this team? Or what’s one thing this team does that is invaluable? If you can’t identify one thing, what’s one thing we could we do to make ourselves invaluable? Explain.



EXERCISE (15 MINUTES)

Instructions: Ask 1 person (target) to stand. Go around the group and ask each person to directly tell the “target” what they believe their strength to be.

This is an exercise in team vulnerability as well as an exercise to create awareness around specific strengths.

After each person has had a chance to play “target,” ask each individual if the strength(s) identified was/were what they believed their top strength(s) to be.