

Reflection Exercise

Part One (See): The questions below will help you think about where your blind spots might be.

Am I afraid to change?

Do I need reassurance? Do I need to be acknowledged?

Do I treat my co-workers with respect?

Do I blame others? Do I blame others frequently?

Am I afraid of failure?

Am I worried about what people will think?

Am I patient?

Do I appreciate others' contributions?

Do I need things to be perfect?

Do I need to be in control?

Do I listen?

Do I need to be right?

Do I take responsibility for my actions?

Do I like who I am?

Do I complain easily? Do I complain frequently?

Do I appreciate constructive criticism?

Do I need people to like me?

Can I stay calm?

Am I always honest?

Do I value people equally?

Do I talk too much?

Am I critical?

Am I polite? Do I say please and thank you?

Do I procrastinate?

Do I appreciate myself?