

## Looking to the Past

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You can gain self-knowledge in the everyday things that you do, if you pay attention. Let's look at Damon's examples:

**Activity/Event #1** Damon got very frustrated when his teacher told him what to do.

What did you learn about Damon?

How can this information relate to Damon's career?

**Activity/Event #2** When his friend was upset, Damon did a good job making her feel better.

What did you learn about Damon?

How can this information relate to Damon's career?

## Looking to **MY** Past

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You will now examine some everyday things that you do. Choose 5 different events that you have experienced recently. Is there anything that you can learn about yourself from those experiences?

**Activity/Event #1**

What can you learn about yourself?	How can this relate to your career?

Activity/Event #2

What can you learn about yourself?	How can this relate to your career?
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Activity/Event #3

What can you learn about yourself?	How can this relate to your career?
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Activity/Event #4

What can you learn about yourself?	How can this relate to your career?
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Activity/Event #5

What can you learn about yourself?	How can this relate to your career?
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