

THE LEADERSHIP LAB: UNDERSTANDING YOURSELF JOURNALING



BEFORE WE CAN GAIN A DEEPER UNDERSTANDING OF OTHERS,
WE MUST FIRST DEEPLY KNOW OURSELVES.

dive deeper

WAS THERE EVER A TIME YOU RECEIVED FEEDBACK FROM SOMEONE ELSE, WHETHER FORMAL OR INFORMAL, THAT WAS REALLY SURPRISING TO YOU? WHY?

WHAT PERSONAL HABITS OR BELIEFS DO YOU HAVE THAT MAY GET IN THE WAY OF UNDERSTANDING OTHERS?

THINK OF A TIME THAT YOU HAD TO WORK WITH SOMEONE REALLY CHALLENGING. WHAT DID YOU LEARN ABOUT YOURSELF IN THE PROCESS?