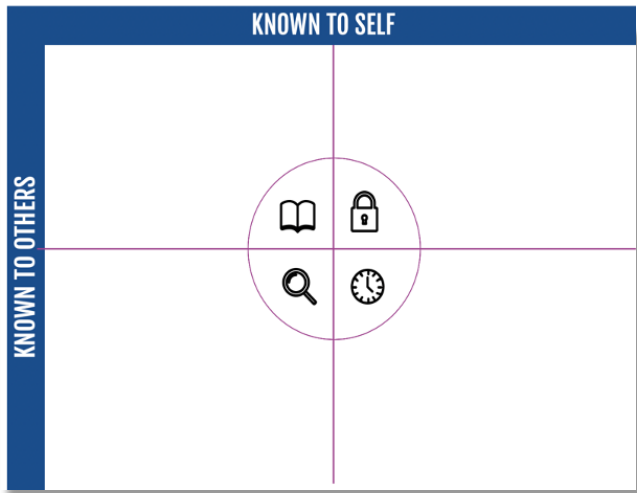


# DEVELOPING SELF-AWARENESS

**READING:** [To Improve Your Team, First Work on Yourself, HBR 2019](#)



**Start:** Take some time to map out the adjectives that you think accurately describe your public and private personas. Find a trusted advisor or “loving critic” to discuss your potential blind spots with. Choose someone who will be truthful but kind with their feedback. Remember, your goal is to learn what other people know about you, that you may not be seeing.

**Public Persona:**

**Private Persona:**

## AWARENESS CONVERSATIONS

MY TRUSTED ADVISOR IS:

### Sample Questions:

What impression do other people have of me when we first meet?

Which of these words feels most like/unlike me.

What might be holding me back from achieving my goals?

What behavior do I engage in that might not have the impact I intend it to?

### NOTES:

### BLIND SPOTS: