



# Level One Episode Guide

## EPISODE 8: Self-Awareness Isn't A Destination Creating a world of work where people discover their significance and purpose

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and short-coming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

- Theodore Roosevelt

### SELF-SELF



What kind of feedback are you giving yourself... about yourself?

Write it down using the Impact Journal prompts:

1. **What happened?** What was the situation, who was it with and what did you do?
2. **What was your impact in that moment?** Did you help move it forward or did you get in the way? Did you get defensive? To you remain open and listen?
3. **What evidence do you have to support** what you thought your impact was?
4. **Now what?** If it was a positive impact, how can you replicate it?  
If it was a negative impact, what can you learn about yourself and what can you do differently next time?

### SELF-OTHERS



How are other people perceiving your behaviors, effectiveness etc.?

How are you discerning what feedback you listen to and what feedback do you let go of?

1. Ask others for feedback and consider if the feedback is:

Honest  
Helpful  
Kind

2. Consider participating in a 360 Assessment.

### SELF-OBJECTIVE



Objective data measuring constructs that help you understand more about who you are.

1. Is the assessment accurate (reliable) and what's their use (valid)?
2. Does the test require interpretation from a professional or is it self-interpretable?