

Self-Awareness 1



Description of Self

Before you begin, rate how well you predict you will do this exercise by circling the number that applies.

- 5 = I will have no problems in completing the whole task correctly.
- 4 = I will have a few mild problems but I will complete over $\frac{3}{4}$ of the task correctly.
- 3 = I will not complete the whole task but will do over $\frac{1}{2}$ of it correctly.
- 2 = I will have some problems so that I can complete only a small part of the task.
- 1 = I will have major problems with this task.

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Write a list under each of the following headings.

1. What motivates me?

2. What do I imagine I could be doing in 12 months' time?