

A wooden cutting board with a whisk, rolling pins, and a piece of bread. The whisk has a wooden handle and metal wires. There are two rolling pins with wooden handles. A piece of bread with seeds is on the right. A piece of burlap fabric is in the background.

# LIFE UNBOXED

Module 1 : Know Thyself

Mike and Megan Knorpp

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## Module 1 : Know Thyself

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“Whatever you are, be a good one.”

*Abraham Lincoln*

In today’s lesson we discussed getting to know yourself and your strengths. Often our perceived weaknesses can clue us in to some of our strengths. Like Megan’s friend, we can acknowledge what we aren’t good at and flip it to what we are GREAT at.

Perceived Weakness

Strength

*Ex: I’m not organized*

*I’m vivacious*

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It is often easier to see another person’s strengths and gifts than our own. Talk with a trustworthy and supportive loved one and ask them to tell you a few things that they love about you or what they think is special about you. Write down their responses here:

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It is helpful to acknowledge tasks and roles that we really have no skills or capacity for as well as things we really shine at. List 3 things in your life that you are currently doing that you really have no business doing.

1.

2.

3.

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Now think of situations you are currently in (or have been in at some point) where your talents really shine and you ROCK at!

1.

2.

3.

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After taking either the 16 Personalities test and/or the StrengthsFinder assessment and reading through the results, come back here and write down your thoughts. *Do the results surprise you? Do they feel authentic to who you are? Do they give you some insight into who you are and what you are created to do?*

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After reflecting on your strengths and gifts, return to the list on the first page of situations that you aren't mastering and have less capacity for. Can you circle back around to those tasks and solve the problems from a different angle using your strengths? Or is it a better idea to drop or delegate this task?

<u>Task/Situation</u>	<u>New Approach</u>	<u>Drop / Delegate</u>
1.	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>

“Do what you love. Know your own bone; gnaw at it, bury it, unearth it, and gnaw at it still.”  
*Henry David Thoreau*

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Additional Notes

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