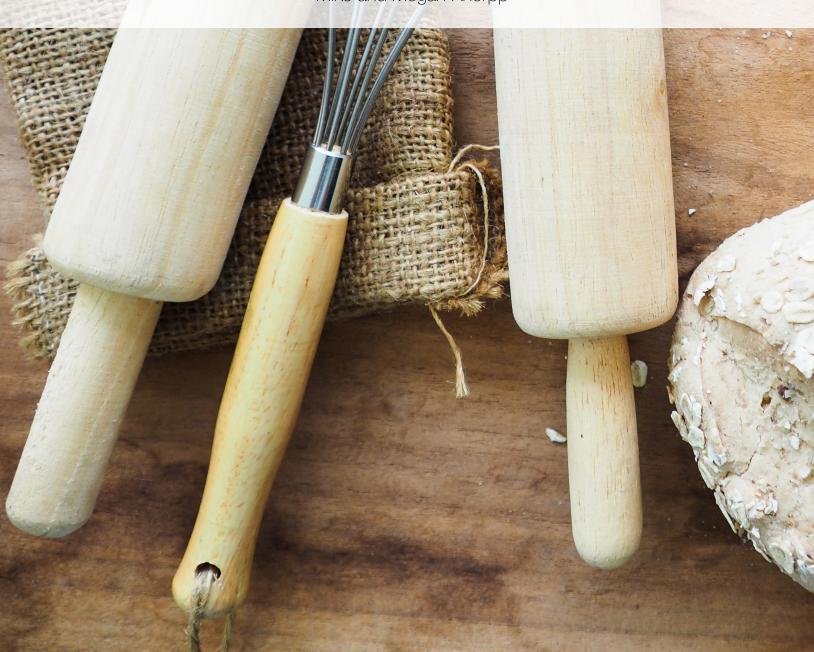


Module 1: Know Thyself

Mike and Megan Knorpp



Module 1: Know Thyself

"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		
It is often assign to see another person's strengths and gifts th	on our own. Talk with a		
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:			
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.			
Now think of situations you are currently in (or have been in really shine and you ROCK at!	at some point) where your talents		
1.			
2.			
3.			

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through the results, co	ome back here and wri	_	er assessment and reading Do the results surprise you? Into who you are and
you aren't mastering	and have less capacity	for. Can you circle back	rst page of situations that around to those tasks and s it a better idea to drop or
Task/Situation	New Approach		Drop / Delegate
1.			
2.			
3.			

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

Additional Notes