Questions for Facilitating Self Awareness

These questions/challenges can be used in group interactions so that peer feedback is built in.

- What do you see as your four most important personal abilities and/or competencies?
- Describe for us what positively and negatively affects your personal and leadership performance.
- Describe for us your most important values. (At least four)
- Describe for us your most important goals. (At least two)
- What are four to five of your most important core beliefs?
- How do you use your values, goals and beliefs effectively to guide your decisions and actions?
- How often do you take time to think about important issues quietly and alone? If you don't do that, how can your arrange to do it more often?
- What kind of balancer do you strike between self-criticism and optimism?
- Describe five of your strengths.
- What are two areas of improvement you would like to address in the next year?
- How do you use the awareness you have shared to guide your decision-making, in my personal performance and in leading others.