 

**Leadership Development Program:**

**Pre-Module 2 Self-Reflection**

As we examine self, it is helpful to uncover beliefs you have about yourself, others, and circumstances that may have developed early in life. These beliefs can be strengthening or limiting, depending upon how aware you are of their impact on your mindset, beliefs, and actions.

**Part 1- Pre Session**:  Finish these self-identifying threads, adding as many rows as you need.

|  |  |  |
| --- | --- | --- |
| **Belief** | **Earliest Time You Believed This** | **How This Has Worked For/Against You** |
| **Example:** *I am responsible for everyone else’s happiness.* | When I was 5 years old. | I take care of everyone else before tending to myself, and am often left feeling burnt-out. |
| I am/am not…. Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| I always/never… Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| I must/mustn’t… Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| I should/shouldn’t… Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| People always/never… Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| Things always/never… Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |

**Part II – Post Session:**
Identify one belief that you would like to work at changing, minimizing, or managing better.

List some options to do so.

Click or tap here to enter text.

**As a result of completing this module, I have learned the following about myself:**

Click or tap here to enter text.

**What is one thing you will do differently or more intentionally as a result of this module?**

Click or tap here to enter text.