

A JOURNEY INTO THE SELF - EXERCISE

THE SHORT AUTOBIOGRAPHY

Connecting with our experience

- Take some time to review your life.
- Draft a short autobiography (20 lines approximately) and capture those events that have been crucial for you.
 - How do you think they affected who you are today?
 - What areas did you focus the most and which have you left aside on in these past years (career, relationships, service...)?
- Based on your past experience, what personal areas do you wish to develop now?
- How can these insights help you grow and better lead others?

Sharing our experience

- Share the fruits of your reflection with a colleague, friend, partner

FROM REFLECTION TO ACTION

Reflection

- 1) How committed are you to this journey of self-awareness?
- 2) Why is this exercise important?

Action

- 1) Put in your agenda 10 minutes each day dedicated to leadership development.
- 2) Invite someone to share with them the insights of this learning experience.

ADDITIONAL EXERCISES

Access “The Wheel of Life” in the “Practices and Exercises” section of the website