

ALUMNI COLLECTIVE

RESOURCING LEADERS

These Compass Resources were voted “Best Of Class” for Leading Yourself

Compass Module 2: Self Awareness

Video on Johari Window

1. [Johari Window Video](#)

Personal Awareness: Strengths Finder

1. Choose one of the following that you haven’t done before.
 - i. MBTI: <https://www.16personalities.com/> (free)
 - ii. CliftonStrengths: <https://www.gallup.com/cliftonstrengths/> (requires payment, but certainly worth it)
 - iii. DISC <https://www.123test.com/disc-personality-test/> (free)
2. Spend some time reading the result and learning more about your personality. If you have already done these, take a few minutes to review or read a new article on your personality traits from your previous results.
3. In your journal, capture in bullet points:
 - i. What new discoveries about yourself did you make?
 - ii. Did you like what you found out?
 - iii. Did you feel disappointed or concerned about anything?

Examen Prayer

1. Practice the Examen Prayer at the end of the day for 2 weeks (for at least 10 times). After the 2 weeks write a half-page (could be bullet points) about how this experience impacted you. I’ve found it helpful to set a daily alarm at 9:30 p.m. to remind me to take 5 minutes for this simple practice.
2. It looks like the website we’ve used has “expired,” but you can still access the page if you click on the “understand the risks” button: <https://gravitycenter.com/practice/examen/>