



To be a Spark you need to become a better expert on you. What are your strengths as a leader? What are some of your self-defeating behaviors that limit you as a Spark? As you expand your self-awareness, you're able to understand how to leverage your talents and what opportunities you need to take advantage of to further your development.

- ① Review this list of words that describe commonly held leadership strengths. Circle no more than five that you feel best describe you.

Confident	In-Touch	Articulate
Dependable	Tactful	Efficient
Effective	Empathetic	Goal Oriented
Enthusiastic	Compassionate	Tenacious
Good Judgment	Loyal	Strong Communicator
Trustworthy	Honest	Prepared
Fair	Encouraging	Good Listener
Competent	Supportive	Risk-Taker
Initiative-taking	Caring	
Integrity	Assertive	

- ② Next, review the list of commonly held self-defeating behaviors. Circle no more than five that you feel can describe you.

Procrastinating	Unforgiving	Thinking You're Indispensable
Panicking	Sets Low Expectations	Worrying What Others Think
Can't Confront	Typecasting	Can't Take Criticism Well
Defensiveness	Guilt	Don't Want to Learn New Things
Don't Delegate	Impulsive	Risk-averse
Out of Touch	Too Blunt	Seeks Affirmation
Talks Over Others	Wastes Time	Being Unprepared
Bitter	Makes Excuses	
Fear of Failure	Easily Frustrated	
Quits Too Soon	Afraid to Hurt People's Feelings	
Complacency		

3 Answer these questions to help build upon your self-awareness.

1. If you had to choose one strength that you feel best defines you, what is it and why?

2. How can you better leverage this strength?

3. If you had to choose one self-defeating behavior that you'd like to improve upon the most, what would it be and why?

4. How can you consciously improve upon this self-defeating behavior?

5. What did you learn about yourself in this exercise? How can you apply this going forward?
