



## Self-Knowledge

Get yourself a notebook or open a new document on your computer and in your own time, reflect on these points, all material that you need to support this document is available on the sane.works website.

- **Narrative.** Start off by thinking about your personal history, your hopes, dreams and aspirations. Who are you? Where have you come from? Where are you going? Looking back, what was growing up like? What was your experience of education? What major life events have shaped you? What achievements are you most proud of? If your life was at an end and someone was reading your eulogy, what would they be saying?
- **Meaning.** What meaning do your hopes and dreams provide for your life and what are the values that are important to you? This might be part of your culture, faith or personal philosophy. What's your purpose?
- **Motivation.** What drives and energises you? How do you like to work and in what role and type of organisation? What excites you and what turns you off? You are a whole person, so what interests you outside work is just as important.
- **Personality.** What do you know about your essential architecture? Have you ever filled in a personality questionnaire as part of an assessment? There's a bit more about assessment on our website. What about your character and your signature strengths?
- **Key Skills.** What are your key skills? Don't just think about your technical skills, which are often the subject of certification, but also your whole range of life skills. Our website has some ideas to help you think about skills and you could also consider doing a personal SWOT analysis.
- **Relationships.** Particularly in terms of your relationships at work. This might be how you prefer to be involved in things; the extent to which you like to be in control, how you feel about being told what to do and whether you prefer opening up to other people or staying quite private.
- **Problem-Solving.** What's your approach? Maybe you like to put your nose in a book or perhaps you like to learn by doing? Do you like to be reflective or maybe you like to move on quickly to the next thing once you have accomplished a goal?
- **Reputation.** What do people say about you when you are not in the room? What was said in your last appraisal? When was the last time you had 360 degree feedback?
- **Career and Life Progress.** Pleased with how far you have got? Take a moment to reflect on what you have achieved so far. On the whole, are you on track?