



Activity 10

Self-Awareness Test: Uncovering What's Below the Surface

Objective:

- Use the iNLP Center *Self-Awareness Test* to determine self-awareness level.

Steps:

1. Have participants navigate to the iNLP Center Website and take the Self-Awareness Test.
 - a. <https://inlpcenter.org/self-awareness-test/>
2. Discuss:
 - a. It is important to be self-aware and dig deep to determine why we feel the way we do.
 - b. We need to be specific so we can grow.
 - c. Feelings are just the tip of the iceberg; ask questions about your feelings.

