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.
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.