

REFLECTIONS OF THE PAST

Directions to students:

This reflection assignment is done as an individual exercise. This reflection must be done honestly and openly to yourself. Do not hold back from taking a walk down memory lane. When you take a walk down memory lane, think only on the moments when you were doing something that made you smile and feel good. Ask yourself, in those moments:

What was happening?

Where were you?

Who was with you or who were you with?

Would you like to do this all day long if possible?

Keep the answers to these questions in mind as you write your answers to these five reflection questions:

What have you enjoyed doing most of your life that's uniquely you?

Answer here

How would those close to you describe you?

Answer here

What aspects of your personality have helped others?

Answer here

What are you good at doing that you enjoy doing?

Answer here

What would you do all day if you had all the money you needed?

Answer here

Relevance to the purpose of the exercise

This self-reflection exercise (assessment) is a fundamental method by which self-discovery takes place and is foundational to determining the direction in life. This is a way for you to see for yourself what it is you have accomplished. You can see too that in the process of accomplishing what it is you like to do, you have gained skills that are marketable. Skills that are marketable are the ones that you bring to the

employer and contribute to their business success. And the more you contribute to their business success, you are also contributing to your own career success!

How it aligns with the module objectives

This exercise (assessment) in the means and method by which we accomplish two of the module objectives:

- Goes on a self-discovery journey and discovers their passions.
- This discovery of passions leads to the “why” pursue a specific career matching with the passions.