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1.1 Career Education

Not All About the Future Reflection

Name:

## Instructions:

From the summary in 1.1 More Immediate Benefits - “The Benefits of Self-Knowledge” show you can relate to the idea that knowing yourself isn’t entirely about preparing for the future.

1. What are some of the more immediate benefits about knowing yourself well?

2. Think of at least three specific cases where you can connect knowing who you are to a decision about something challenging. Chose from a variety of the benefits outlined. These are the “caught between a rock and a hard place” decisions that often take us to our roots. (For ex. You learn something about a friend that you are dying to share with others because its big! But you value your friendship with the person that shared it too much to betray their trust. In the end you know the right decision is to stay silent). If you can’t think of three personal examples, borrow from a book or movie you’ve enjoyed – the heroes are always confronting these dilemmas.

3. Share your views on the following statement: “In our hyperconnected world we rarely take time to connect with ourselves in any meaningful way.”