

Site:

Facilitator:

Class:

Date:

01. CREATE YOUR ANSWER – HONEST & POSITIVE STUDY GUIDE

Answer each question below, and use the information to create your own interview response.

Weakness 1:

- a. When this usually happens: _____
- b. Briefly describe Weakness 1: _____
- c. Why do you feel this trait occurs? _____

Weakness 2:

- a. When this usually happens? _____
- b. Briefly describe Weakness 2: _____
- c. Why do you feel this trait occurs? _____

Create Your Response:

“When I am _____ (insert Answer 1.a or 2.a),
I tend to _____ (insert Answer 1.b or 2.b),
because _____ (insert Answer 1.c or 2.c).”

02. CREATE YOUR ANSWER – IMPROVE STUDY GUIDE

Answer each question below, and use the information to create your own interview response.

Weakness 1:

- a. What you are doing to control it: _____
- b. Any positive effects you’ve experienced from those efforts: _____

Weakness 2:

- a. What you are doing to control it: _____
- b. Any positive effects you’ve experienced from those efforts: _____

Create Your Response:

“I recognize how this is affecting my performance and have been working on _____ (insert Answer 1.a or 2.a).
I have seen positive results like _____ (insert Answer 1.b or 2.b).”

03. CREATE YOUR ANSWER – POTENTIAL BENEFIT STUDY GUIDE

Answer each question below, and use the information to create your own interview response.

Weakness 1

- a. Briefly describe Weakness _____
- b. Potential positive benefits of this trait: _____

Weakness 2

- a. Briefly describe Weakness _____
- b. Potential positive benefits of this trait: _____

Create Your Response:

"I actually think that my _____ (insert Answer 1.a or 2.a)
could turn out to be a benefit because I would be able to _____ (insert Answer 1.b or 2.b)."

Compared to what you knew before, how much did you learn from this lesson? (Rate 1-3)

(1) Learned nothing or almost nothing new

(2) Learned some new things

(3) Learned many new things

Do you think this lesson would be helpful for other people to watch?

Yes

Sort of

No

What can you do to apply what you learned from this lesson in your own life?