

Take Away Class Activities | Mental Fitness 101:

01: Adam Grant User Manual Exercise (with small edits from me)

Purpose of this exercise:

- *Increase your own self awareness*
- *Help others know how to work with you more effectively*

Answer these questions and share with Davide and classmates sometime in the next week.

Name: _____

Preferred Pronouns: _____

Answer the following to the best of your ability

- *What are my strengths? / What brings out my strengths?*
 - *What are my weaknesses? / What brings out my weaknesses?*
 - *What are my blind spots? / What are my bright spots?*
 - *What do I know now about myself I wish I would have known earlier?*
 - *What has living and working through 2020 & 2021 taught me about how I work?*
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Class activity 02: The “Letter from Future Self” exercise:

Travel forward in time to the end of your term. Imagine all exams and final projects have been submitted. Write a letter from your future self to your present self. Clearly outline your hopes, values, reminders, and needs for yourself over the coming term. Write the letter sometime in the next 24 hours in one sitting without worrying about formatting or making it perfect, just get the words out of your mind and onto the page. Email them to Davide (davidesottile@ied.edu) and remove the file from your computer. Davide will collect them and return to you to read at the end of your term.