Awareness of Self: What Holds Meaning for You?

Knowing what is important to you is an essential element of self-awareness. The exercise below is a way to train yourself to notice what holds meaning for you. This increased awareness helps guide you in your choices.

This exercise requires two people. One person asks questions and the other answers them. The questioner listens to the responses with care but without comment. They simply receive the responses.

The first question is:

“What was the most meaningful thing that happened to you this week?”

After the responder replies, the questioner then asks:

“Why was that so meaningful for you?”

The questioner continues to inquire “why was that so meaningful for you?” until the responder answers with a **single word**.

*(This exercise is adapted from Michael Ray, professor at Stanford University Graduate School of Business and author of Creativity in Business.)*