Self-Awareness: Who Are You?

Reflect on how you are the same and how you are different in these circumstances.

- How does your movement and non-verbal communication change? Do you know?
- How about the cadence of your voice or your vocabulary?
- Are you comfortable with the ways you are consistent and the ways you change?
- How does your consistency in the presence of others and/or your ability to shift with others help you to be effective? How does it hinder you?

(Exercise inspired by The Practice of Adaptive Leadership: Tools and Tactics for Changing Your Organization and Your World.)