

Social Intelligence with Louise Anne Maurice

Building Self Awareness Exercise

The dictionary defines self-awareness as conscious *knowledge of one's own character, feelings, motives, and desires.*

EXERCISE: Complete the Trigger Tree using a combination of your family, friends, teachers, colleagues, bosses, etc. Add their names and a brief description of how they **TRIGGER** you.

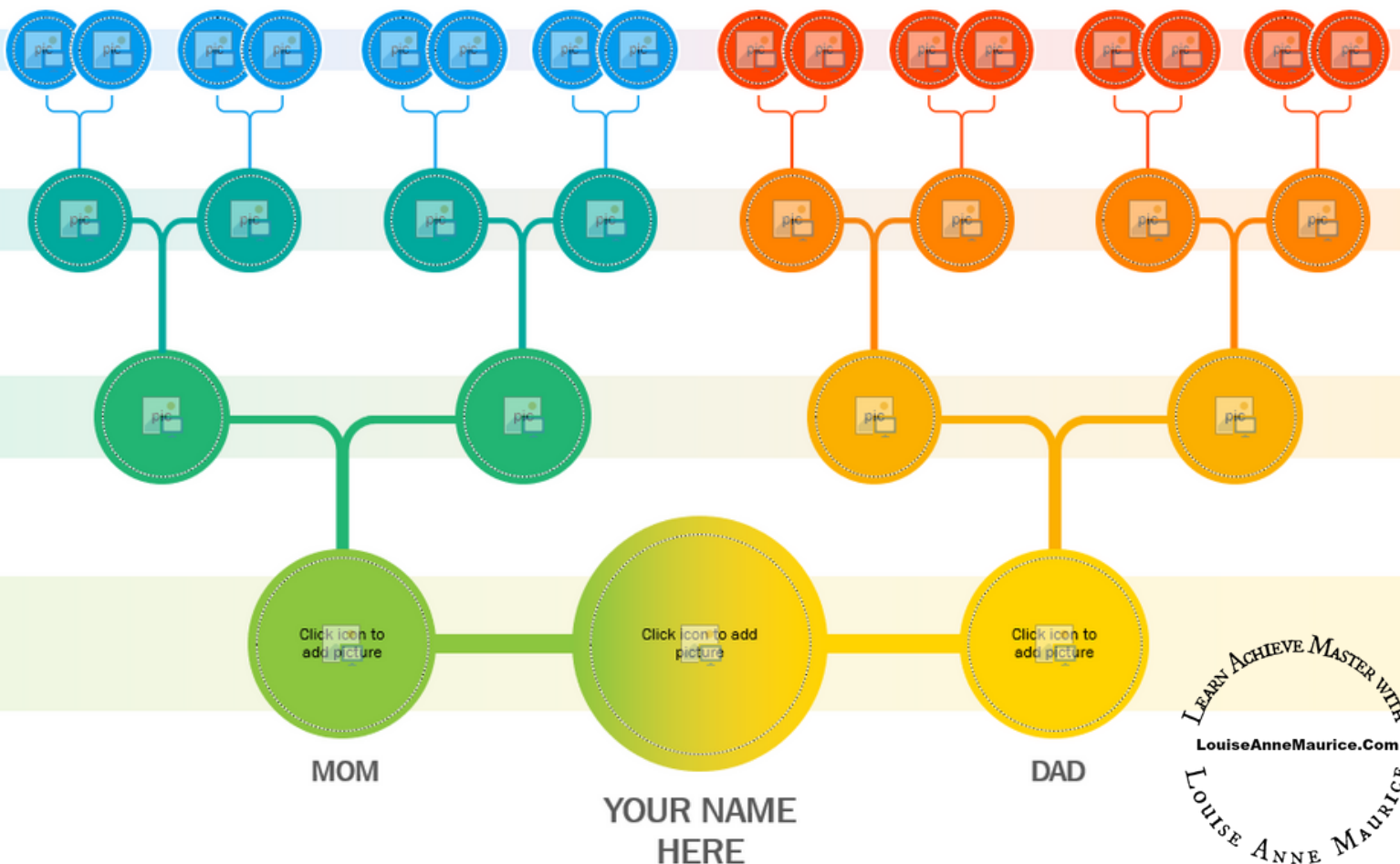
What are your motives and desires for connecting with them? Who are you when you are with them? How do they make you feel?

To add your family members photos:
• Click the photo icon at the center of the image placeholder,
• Browse for images and select the photo you need.

My Trigger Tree

Trigger Tree Infographic

To change your family members names:
• Click the name placeholder under the photo you have inserted.
• Type the required name.



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