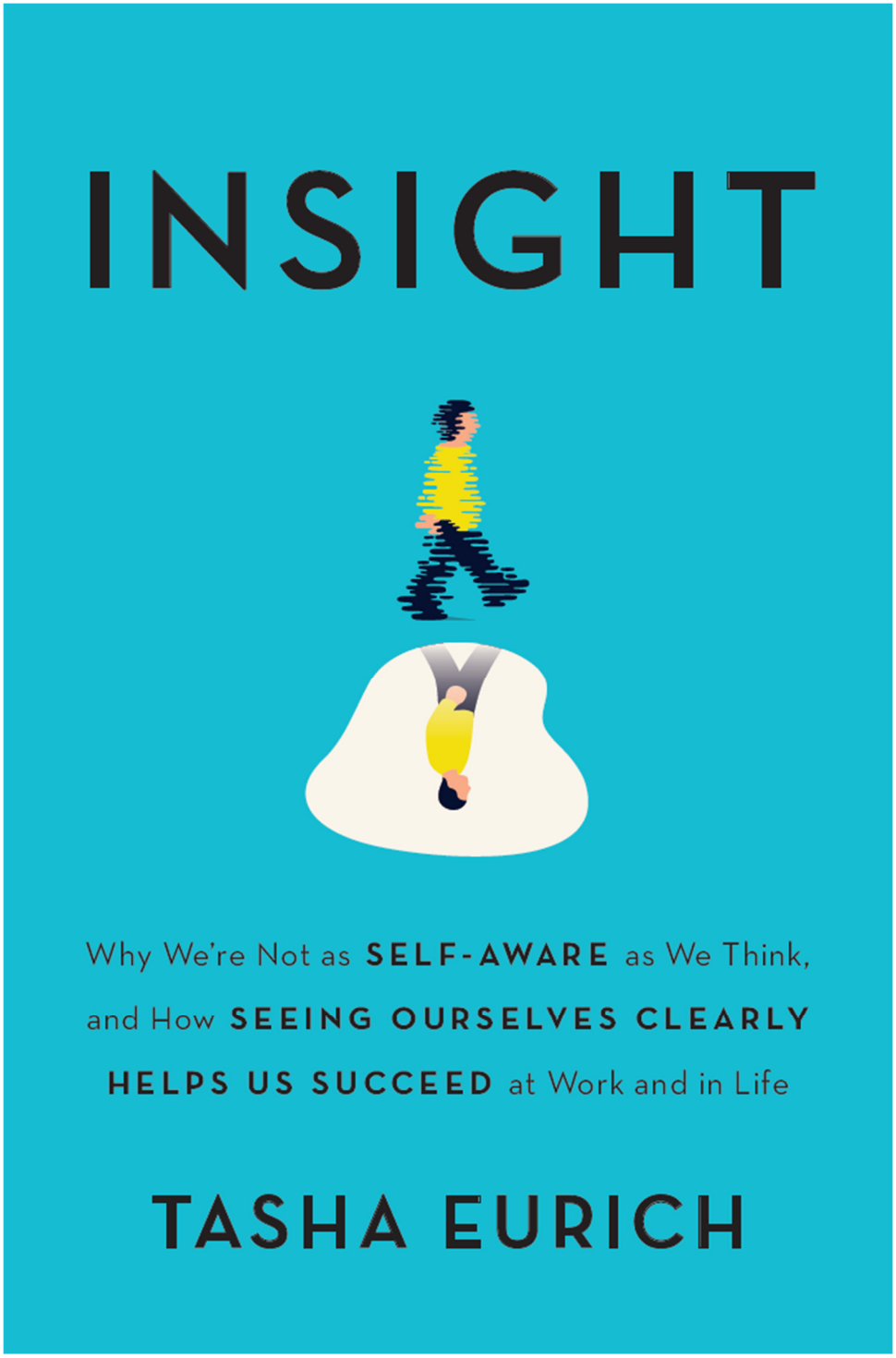


Insight Challenge #1

Greetings!

Thank you for downloading **Insight Challenge #1**, which is adapted from my book, *Insight: Why We're Not as Self-Aware as We Think, and How Seeing Ourselves Clearly Helps Us Succeed At Work And In Life.*

This first challenge is designed to build on what you learned in the Insight Quiz to give you even more information about how you see yourself—and how you are seen by others—and to compare those two sets of perceptions.

The most important messages of *Insight* are that self-awareness is the exquisite foundation of a life well-lived, that it is possible to make the journey to become more self-aware, and that it's well worth the effort and courage it takes. I applaud your focus and commitment to become ***Braver But Wiser***—to know who you are and how you're seen, and in the process chart a course that will help you be happier and more successful, strengthen and deepen your relationships, and learn how you can fulfill your true purpose.

Here's to your self-awareness and success!

Warmly,



Dr. Tasha Eurich



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Insight Challenge 1: Study the Seven Pillars of Insight

Find a trusted friend, family member, or colleague. Go through the Seven Pillars of Insight together. For each pillar, describe how you see yourself (e.g., what are your values?) and then ask the other person to share how they see you (e.g., what do they think your values are?). (And be a good friend and help your partner examine his/her pillars!)

Pillar of Insight	How you see yourself	How you are seen
Values: Your most important principles		
Passions: What you love to do		
Aspirations: What you want to experience and accomplish		
Fit: The environment you require to be happy and engaged		
Patterns: Your consistent ways of thinking, feeling and behaving		
Reactions: The thoughts, feelings and behaviors that reveal our capabilities		
Impact: The effect you have on others		

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After your discussion, reflect on the similarities and differences between your answers and your partner's answers. Then, write down what you learned from this exercise.

Similarities	Differences
What I learned about who I am and how I'm seen	

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