



Unit: Networking

Skill 25: What and Who Do You Know?

Activity A: Mapping Personal Assets

Activity Skills:

Small group discussion or personal reflection.

Leadership Skills:

Understanding what the key priorities of your life are, and how these relate to time management and setting daily task priorities.

Suggested Level:

Advanced

Time:

20-30 minutes

Supplies needed:

- Worksheet
- Pens or pencils to write

Do Ahead:

- Make copies of worksheet

Source:

Developed by:
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Based On:
University of Florida
Cooperative Extension,
*Unlock Your Leadership
Potential*, “Sweet Seven”
activity

BACKGROUND:

What is a personal asset? An asset is a positive attribute – a skill you have, what you know, or what you are good at doing. Are you great with computers? Do you know a lot about poetry? Are you good at speaking to a group? Whatever it is, that skill is considered an asset that you have and that can help you in your role as a leader.

Sometimes it's easier to think of our negative attributes. Most people tend to be their own worst critics, and are quick to point out the things they do not know or are not good at doing. Today we're going to take some focused time to consider our positives.

WHAT TO DO:

Have participants take 3-5 minutes to fill out the personal assets worksheet as individuals. Then reconvene either in small groups or all together to discuss answers.

TALK IT OVER:

Reflect:

- Was it easy or difficult to identify positive things about yourself? Why or why not?
- Is it ok to feel good about yourself?
- Do members of the group have similar assets? Really unique skills or talents?
- Do you know others who have a tough time thinking about themselves in a positive way?

Apply:

- How can you improve your self image?
- Which of your assets relate to leadership? How?
- Why is it important to know your strengths as a leader?

BEYOND THE BOX:

Optional Homework:

Explore the other side of personal asset mapping. Once you determine what assets you have, use the list to explore what skills are lacking. What abilities do you think you need to develop more with respect to leadership? Why?



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Notes:

Resources And Web Links:

University of Florida Cooperative Extension, *Unlock Your Leadership Potential*, "Sweet Seven" activity