



ABC to CEO

REFLECTION QUESTIONS FOR YOUNG WOMEN

CONFIDENT

Adjective: Con·fi·dent; ˈkɒnfədənt

Knowing you have the necessary ability, knowledge and skills to do something successfully and demonstrating a determination to continue on despite a failure.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself a confident person? Why or why not?
- Do you think other people think you are confident? Why or why not?
- What are some confident actions you have taken in the past? How did they make you feel?
- Do you wish you were more confident? Why or why not?
- Describe times you wish you had had more confidence?
- Where do you find yourself being the most confident? The least?
- What is something that can always boost your confidence no matter what?



INSPIRATIONAL

Adjective: in·spi·ra·tion·al; inspə 'rāSH(ə)n(ə)l

Generating enthusiasm in teams to accomplish something that may be difficult and the ability to cultivate highly-functional teams.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself an inspirational person? Why or why not?
- Do you think other people think you can be inspirational? Why or why not?
- What was a time someone in your life really inspired you? What about what they did/said was so inspirational?
- Do you remember a time when you inspired someone else? What happened? How did they respond?
- Who would you consider to be the person who is the most inspirational person/public figure? What makes them so inspirational to you?
- Is there a quote/song/piece of art that serves as a meaningful inspiration to you? What is it, and why does it make you feel that way?



ACCOUNTABLE

Adjective: ac·count·a·ble; ə ˈkoun(t)əb(ə)l

Being responsible for and answerable to decisions made and actions taken personally and those taken by the team.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be an accountable person? Why or why not?
- Do you think other people think you are accountable? Why or why not?
- Think about the last time you made a mistake. How did you handle the situation? Do you think you were accountable in this situation? Looking back, do you wish you had done anything differently?
- What is one way you can work on holding yourself accountable for your actions?
- Holding yourself accountable in any given situation can be hard. What about these situations can make it difficult to respond appropriately? How can you overcome these factors?
- Is there a time when one of your friends or family members did not act with accountability in a certain situation? What happened? What do you wish they would have done?



ABC to CEO

FOCUSED

Adjective: fo·cused; ˈfəʊkəst

Directing attention to the issues that matter.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a focused person? Why or why not?
- Do you think other people think you are often quite focused? Why or why not?
- Do you think having good focus is important? Why or why not?
- When do you find yourself to be the most focused? The least focused?
- What are some ways that you can personally work on improving your focus?
- Was there a time that you found yourself being unfocused when clearer focus might have really been helpful? If you found yourself in this situation again, what would you do differently?



INTEGRITY

Adjective: in·teg·ri·ty; in 'tegrədē

Demonstrating ethical principles and high moral values.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a person with integrity? Why or why not?
- Do you think other people believe you have integrity? Why or why not?
- Think about the last time you encountered a moral dilemma. How did you handle the situation? Do you think you behaved with integrity? Looking back, do you wish you had done anything differently?
- What is one way you can work on holding yourself to the high standards needed to be considered a person of integrity?
- What are ways you have noticed integrity (either your own or someone else's) come into play in your daily life?
- Is there a time you remember where one of your friends or family members did not respond to a certain situation with integrity? What happened? What do you wish they would have done?



DECISIVE

Adjective: de·ci·sive; də 'sɪsɪv

Being responsible for and answerable to decisions made and actions taken personally and those by a team.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a decisive person? Why or why not?
- Do you think other people think you are a decisive person? Why or why not?
- What was a time you struggled with making an important decision? What about that situation made it difficult to decide what to do? Do you believe you ultimately made the right decision?
- Have you ever made a decision that you regretted? How did you handle the situation? Did you follow through with the decision you made?
- Why is it important to follow through with the decisions you make? Have you ever not followed through on a promise/decision? What happened?
- Do you participate in any activities that require you to make split-second decisions (for example: deciding who to pass the ball to in a soccer match)? How did you learn how to make these fast decisions?



ABC to CEO

INNOVATIVE

Adjective: in·no·va·tive; inəˌvādiv

Having new ideas and approaches on how something can be done.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be an innovative person? Why or why not?
- Do you think other people think you are a innovative person? Why or why not?
- Who is a contemporary innovator that you admire? What do you think of their innovations? What about this innovator inspires you?
- Consider a time you had to work on a new project for a class or club, and you came up with a new idea for how to approach the task. How did you come up with this idea? How did the project turn out?
- Is there any task/process in your life that does not function as efficiently as it could? How would you propose to fix that?
- How can innovation help you in a classroom setting? How about for an office job?



ABC to CEO

EXPERT COMMUNICATOR

ex·pert com·mu·ni·ca·tor; ˈɛk ɪ spɜrt kə ˈmyʊŋɪkədər

Having someone understand your thoughts on an issue.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a communicative person? Why or why not?
- Do you think other people think you are a communicative person? Why or why not?
- Why is good communication important? Think about this question in the context of your family, friends, and school.
- Consider a situation you faced that required you to be an expert communicator. How did you handle the situation? Why was good communication important?
- Think about a poor situation you encountered that might have been solved with good communication. How did the lack of communication affect the situation?
- How are you most likely to communicate with someone? Through an in-person conversation? Through texting? Through email? Why is that method the most useful to you? Are there any drawbacks to using this method?



RELIABLE

Adjective: re·li·a·ble; rə 'lɪtəb(ə)l

Being consistently dependable.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a reliable person? Why or why not?
- Do you think other people think you are a reliable person? Why or why not?
- Why is it important to be a reliable person? Think about this question in the context of your family, friends, and school.
- What are some ways you can demonstrate to others that you are a person they can rely on?
- Think about a time when someone else was relying on you for something. How did you handle the situation? Do you think they were glad they relied on you?
- Consider a time when maybe you weren't the most reliable. How did you remedy the situation? How can you work to gain that person's trust?
- Who is the person in your life that you most rely on? What about that person makes them the most reliable?



ADAPTIVE

Adjective: a·dapt·ive; əˈdaptiv

Being able and willing to adjust and thrive to a new condition and/or environment.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be an adaptable person? Why or why not?
- Do you think other people think you are an adaptable person? Why or why not?
- Why is it important to be an adaptable person? Think about this question in the context of your family, friends, and school.
- When you are thrown into a new situation, what is your first instinct? Do you tend to roll with the punches or get flustered by the situation? How can you focus on being flexible in these new situations/environments?
- Consider a situation in which you had to quickly adapt. Why was your adaptive ability important? How did everything work out?
- What are some ways you can work on your adaptability in your day to day life?



RISK TAKER

Noun:

Willing to do things that may result in failure in order to achieve a desired goal but having a track record of generally being successful with the risks taken

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a risk taker? Why or why not?
- Do you think other people think you are a risk taker? Why or why not?
- Why is it important to take risks? Think about this question in the context of your family, friends, and school.
- What is the difference between being a smart risk taker and engaging in risky behavior? Where is the line and how can you be sure you are taking a smart risk?
- Sometimes a risk you take may not play out the way you want, and it's the way you come back from it that matters. Do you remember a time when you took a risk that did not pay off? How did you handle the situation?
- What was a time you took a risk and it did pay off? How did you think through making the decision to take this risk?
- Are there any situations where taking a major risk may not be a good idea? What are they and how can you identify them?



TOLERANT OF AMBIGUITY

Adjective: tol·er·ant; 'täl(ə)rənt

Having the ability to operate effectively in the face of uncertainty.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a person who can tolerate ambiguity? Why or why not?
- Do you think other people think you are such a person? Why or why not?
- Why is it important to be a person who can handle ambiguity in their life? Think about this question in the context of your family, friends, and school.
- Think about a situation in which there was a lot of uncertainty. How did you handle the situation? How did navigating the ambiguity affect how you responded?



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OPTIMISTIC

Adjective:

Being of a nature to expect positive outcomes

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be an optimistic person? Why or why not?
- Do you think other people think you are an optimistic person? Why or why not?
- Why is it important to be optimistic in the face of stressful situations? Think about this question in the context of your family, friends, and school.
- Who is the most optimistic person you know? Do you enjoy interacting with them? How does their demeanor affect their daily life?
- Was there ever a time when you had to be optimistic in order to handle a difficult situation? What happened? How did your optimism affect the situation?
- What is some that always makes you hopeful or makes you think positively?



TEAM BUILDER

Noun:

The ability to foster team players who consider and embrace views different than their own.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a team builder? Why or why not?
- Do you think other people think you are a team builder? Why or why not?
- Why is it important to be a team building and foster others on your team? Think about this question in the context of your family, friends, and school.
- Consider a time you had to work in group with people who were very different from you. How did you work together? How did you handle the situation? Who ended up taking the lead?
- When working in a team (i.e. for a class project or on a sports team), what is your role? Do you find yourself being more of a leader or a follower?



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EMPATHETIC

Adjective: em·pa·thet·ic; ˌempəˈθetɪk

Understanding the emotions, positions, and feelings of others.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be an empathetic person? Why or why not?
- Do you think other people think you are an empathetic person? Why or why not?
- Why is it important to have empathy for others? Think about this question in the context of your family, friends, and school.
- Can you think of a time when having empathy for others around you affected the situation? Did it affect the situation in a positive or negative way?
- Consider someone with whom you may have trouble seeing eye-to-eye. How could you attempt to bridge that gap with empathy?
- When was a time someone showed you empathy in a difficult situation. How did that make you feel?



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IMPACTFUL

Adjective:

Making a meaningful and lasting difference.

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be an impactful person? Why or why not?
- Do you think other people think you are impactful? Why or why not?
- Why is it important to make a positive impact in your community? Think about this question in the context of your family, friends, and school.
- Who is the most impactful person in your life? What makes them so impactful? How has their presence in your life affected you?
- Consider a time you made a positive impact at your school or for a friend. How did you accomplish this? What was the outcome?
- How can you positively affect the most people around you on a day to day basis?



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COMPETITIVE

Adjective:

Having a strong desire to win or be the best at something

Ask yourself the following questions. Answer honestly!

- Would you consider yourself to be a competitive person? Why or why not?
- Do you think other people think you are competitive? Why or why not?
- Why is it important to be a competitive? Think about this question in the context of your family, friends, and school.
- Are there any people in your life who you tend to be the most competitive against? Who and why? What makes you want to compete against them so badly?
- Can someone be overly competitive? Do you know any such people? How do they handle different situations?
- Being competitive is helpful because it can push you to perform your best. How can you utilize competition to improve your work?