

Questioning myself?

Coming into the tail end of the semester, and quite frankly the busiest time, I have noticed that I have to shuffle things around in order to get to all the deadlines. After 5 years of university, you would think I would have gathered some ways to keep my time management at a good level, but unfortunately, it has not quite worked out that way.

Taking a look and reflection upon myself this week instead of my team. I have found that as the assignments build up to the crescendo, I am not delving as deep with my learning journals as I should be.

While I was reading Drucker's (2005) article on managing oneself I have resonated with the fact that asking yourself questions while reflecting can be beneficial. As Drucker (2005) explains that people often think they know what their strengths are, they can frequently be wrong (100). The fact that people think they may be good at something, and in cases aren't as good as they think they are, reveals a lack of helpful feedback that they have been given (2). I agree with Drucker's claim here because if you are not getting constructive feedback from your peers, then how are you supposed to get better? How are you supposed to build on your strengths?

My questioning thoughts come into Brooks and John's (2018) article on the power of questioning and how it can unlock value within companies and yourself (62). Brooks and John (2018) go on to say that questioning can unlock valuable learning curves and also helps the development of people (62). I find this interesting because as a shy person, questioning can be the death of me. There is the saying "There is no such thing as a stupid question" but I have been told in my life that there are. Does that mean that the times I have not asked questions, I have missed out on a learning opportunity? I think so.

Throughout these coming weeks, I will not only be questioning myself on what I need to improve on and asking questions in my team leading up until the end, I will also be looking at myself closely and seeing where my managing of myself can be improved.

References:

Brooks, A. W., & John, L. K. (2018). The surprising power of questions. *Harvard Business Review*, 96(3), 60-67.

Drucker, P. F. (2005). Managing oneself. *Harvard Business Review*, 83(1), 100-109.