Executive Summary of Learning Journal

How do you summarize into words all of the learning and growth that has happened thus far? I feel like it is an impossible task, but I will focus on the key points that continually stand out.

Valuing others shifts my focus. When I focus on other people, the way I listen changes. Listening is a rarity. Many people prefer to talk than to listen. Sometimes I feel like I talk more because I think what I have to say is more important than listening to someone else. Throughout the program, I have intentionally chosen to be quieter in the large group settings and speak more to individuals in private settings. I see a way to communicate the value I see in them through this type of setting. However, I have been more selective with the words I say in the large group and make sure it focuses on traits of praise within the individual. I want to be a person that makes people feel better about themselves after we interacted. This mindset and recognitions of how I show up has changed how I interact with friends, family, and clients.

I have an ability to summarize data and process it very quickly. This can be a tremendous benefit to a team, but I must be careful not to become aloof once I’ve gone through the data. I must remain engaged and involved in the situation; otherwise I am choosing to distance myself from those around me. I say, “I choose” because I am aware of my actions and realize how it can come across to others. This is a constant struggle, but it is one that I feel like I’m aware of and making progress towards.

I had no idea how much I enjoyed research until I started my thesis. I honestly find a great deal of satisfaction in finding pertinent questions to ask, then crafting the process through which to find the answer. It is much more enjoyable that I thought it would be.

Being a part of Gravity and talking to other members of the cohort who are in different learning groups has made me realize what it means to be on a high performing team. This feeling has been missing my entire life until now. I wish there was a way to bring it into everyday life. I find I prefer to work solo or with one other person who operates at the same speed I do. This preference can be helpful and limiting at the same time.

I am doing work I love because of the insights I have developed through this program. I’ve realized that my ability to find clarity in the midst of chaos is a marketable value. My point of view is unique and helpful. Additionally, I do not see everything and need to surround myself with others who provide different vantage points. Gravity has been a great example of what that can be. I was very intentional in choosing the people in the group that I knew would help push me forward, and likewise people who I wanted to help grow throughout the program.