

EXERCISE - ASK FIVE PEOPLE

Improve your self-awareness – understand how others see you.

Ask five people (whose opinion you respect and trust) the following questions.

Question 1: *What one word or phrase describes me best?*

- 1.
- 2.
- 3.
- 4.
- 5.

Question 2: *What do you think is my greatest achievement?*

- 1.
- 2.
- 3.
- 4.
- 5.

Question 3: *What do you value most about me?*

- 1.
- 2.
- 3.
- 4.
- 5.

Question 4: *What one thing could I change for my own benefit?*

- 1.
- 2.
- 3.
- 4.
- 5.

Question 5: *What do you believe is my greatest strength?*

- 1.
- 2.
- 3.
- 4.
- 5.