

Get to know yourself through others

It can be hard to describe yourself. For many people it can be hard to describe, even know, their own positives and negatives. It can therefore be helpful to have others describe you, for example three people that you know well like a colleague, friend and a family member. It's a good idea to get different perspectives. Ask each of them the three questions below.

1. What do you see me doing that you appreciate?
2. What do you wish I did more often?
3. What do you wish I would do less often?



Reflection:

How did their answers align with your own self-image? What surprised you and gave you cause to do something differently?