

ASK FOR FAN FEEDBACK

While assessing your Strengths is critical, it's often helpful to solicit feedback from others who probably see aspects of you that you may not readily acknowledge or recognize. With that in mind...

Contact 3 to 5 (or more) people who know you well and whom you trust. It is best to get a variety of people from different parts of your life, including family, friends, and colleagues—or anyone else who's a fan! You may choose to email or text them. You could also message them on social media (some choose to post on their personal page to maximize the range and number of respondents). Make sure to give them a deadline (usually 2-3 days—allow yourself time to complete the follow-up).

Here is a suggested script:

Dear _____,

I am taking a class that asks me to complete an exercise aimed at uncovering my strengths. These could be personal qualities, personality traits, natural gifts/talents, learned skills/abilities, unique knowledge/perspectives.

As someone who knows me well and whose perspective I value, I would appreciate your input. Here are some questions to ponder. Don't feel you have to answer all of these; they are just meant to get you thinking. Positive feedback only!

- *What do you feel are my greatest strengths, whether natural-born talents and qualities, or learned skills and knowledge?*
- *When have you seen me at my best?*
- *When do I seem most at peace to you?*
- *What do others say they like about me?*
- *What do I bring to any situation or relationship?*

Please respond by _____.

Thanks,

Gather all the feedback you've received (note: you may need to remind people if you're not receiving their input promptly). Then bucket this information into categories of strengths (including natural gifts, talents, qualities, abilities, etc.), as many as makes sense. Use one or more words to describe each. Like: Courage, Helpfulness, Speaking, Fixing Things, Humor, Party Planning, High Energy, Editing, Can-do Attitude... Anything goes!