

# Five Questions

Getting honest feedback helps you to grow your self-awareness, and better understand what you are all about.

Ask these five questions to get a sense of what people see as the best, most authentic 'you'. Choose people who know you well, and you trust to give you honest, constructive feedback. Try to get feedback from at least fifteen people to get a good spread of answers.

1. What's the first thing you think of when you think of me?
2. When have you seen me at my best?
3. What do you think are my greatest strengths?
4. What do you think are my greatest accomplishments?
5. How have I made a difference to you?

You'll notice that there are no questions about weaknesses, or things you should do to improve. That's not the point of this exercise. This is about identifying the best, most authentic you.

It's useful to ask people to reply in an email, and then you can cut-and-paste the replies into a table. This may help you easily identify the patterns and themes across the answers.

Use the template on the next page to help you make sense of the answers you get.

## Five Questions Answer Template

Name	What's the first thing you think of when you think of me?	When have you seen me at my best?	What do you think are my greatest strengths?	What do you think are my greatest accomplishments?	How have I made a difference to you?
	[cut and paste answers here]				
<b>Key Words:</b>					