

Can I Ask You Something?

This exercise is a great tool to see if your core values and your actions align. Send the following template to fifteen people from all walks of your life, personal and professional. Compare your responses to your personal vision statement to determine your strengths and gaps between your current self and the person you want to be.

- 1** Be clear that you want honest feedback. Let people know they're doing you a favor by being truthful. You can ask them to "be helpful." Explain that you want to get the most out of the conversation and you do not want them to hold back.
- 2** Focus on the future. Ask for advice on what you can improve on as you move forward as opposed to what you did wrong in the past. When you ask people what you can do to be more effective in the future, they tend to be more honest.

Dear _____,

As I continue my journey of personal development, I will be constructing a profile of the ways that I add value and make a contribution. I have been asked to contact fifteen people from all walks of my life to help me gain a better understanding of my greatest strengths and areas where I could learn and grow.

1. What are my greatest strengths? When have you seen these strengths in action?
2. What do you appreciate most in your interactions with me?
3. What do you wish I did more or less of?

Please email your responses to me by no later than _____. The gift of your time is appreciated, and I know the information you share will provide meaningful input for me as I continue my journey of personal growth.

Sincerely,
YOUR NAME HERE