

Ask 5 People

This is a simple feedback tool. Choose 5 people who know you well, to provide you with feedback, to learn more about you.

A thought:

Do you engage with them after to discuss further? Decide your approach.

1 The 5 questions

1. One word or phrase that describes me best.
2. What do you value most about me?
3. What do you believe is my greatest strength?
4. What do you think is my greatest achievement?
5. What one thing could I change for my own benefit?

2 List the strengths

What strengths do they mention about you? List as many as you can.

3 Review

Review and reflect - take this on a walk?

1. Common threads?
2. What surprises you, if anything?
3. What thoughts did you have at the time of reading? And what now?
4. How do the comments make you feel?
5. What are you going to do next?