



## HOW DO YOU SHOW UP?

**Your Step of Greatness:** Today is all about seeing who you are, through the eyes of those who know you best. Feedback can be uncomfortable, but it's necessary and so valuable to know how you occur to other people. You may be **INTENDING** to show up a certain way (as love, as listening, as patience) but you may be coming off completely different than your intention. The only way to know is to get an objective view about how you show up. Keep in mind, this is only feedback, **NOT NECESSARILY THE TRUTH**. But, as we continue the feedback process, look for repeating patterns that show up—that's where the gold of your self-growth lies.

You're going to **reach out to TWO people you are REALLY close to**, and ask them the questions on the next page. You will not respond with any reasons, excuses, explanations or expressions; **you will simply respond with a "THANK YOU."** Be sure to tell your interview subject, that you are ready and willing for honest feedback and will only be responding in gratitude (no matter how uncomfortable the feedback is!)

### Sample Opening Script:

**Hi (name)! I need your opinion on something, if you have 10 minutes to spare? (wait for response). I'm taking part in a personal leadership course and our homework assignment is to find out how we show up to those we love. I, of course, thought of you— and the only thing I need from you is your honesty! Just to let you know, I'm not able to respond with anything but a "thank you" and know that I am doing this for my highest growth, so I really do want you to feel like you can be open and honest with me; that's how I will get the most out of this. (insert joke if you feel comfortable!) And...if everything you say is super nice...I'll know you're lying to me! :) I'll ask you the question and I'm looking for 3 answers for each question, except the last one! Can I count on you to be honest, even if you think it will hurt my feelings? (wait for response) Great! Let's do this! First question...**

**FEEDBACK SESSION ONE WITH:**

**How would you describe me in three words?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say are my strengths?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say are the areas that I could improve on?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What do you LOVE about how I am with you in our relationship?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**When it comes to our relationship- how could I be better or improve?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say are my negative patterns that I may not be aware of?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say is the biggest thing holding me back from my greatness?**

---

**FEEDBACK SESSION TWO WITH:**

**How would you describe me in three words?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say are my strengths?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say are the areas that I could improve on?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What do you LOVE about how I am with you in our relationship?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**When it comes to our relationship- how could I be better or improve?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say are my negative patterns that I may not be aware of?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What would you say is the biggest thing holding me back from my greatness?**

\_\_\_\_\_