

WHO AM I? – EXERCISE:

How do you think other people see you? Complete the sentence below for each topic listed. Take the time to be honest and thorough. You may notice that these responses might vary if you consider the viewpoints of different people who know you.

When other people describe me in regard to [topic] they say I am ...

[Honesty]

[Humor]

[Loyalty]

[Money]

[Relationships]

[Responsibility]

[Sincerity]

[Temper]

[Trust]

Next, we'll take a look at how these answers compare to the way that you would like others to see you. Turn to the next page.

WHO AM I? – EXERCISE Continued:

Now, answer the question, How would you like others to see you? This time, complete the sentence by writing down the ideal personality traits, habits, and attitudes that you *would like* to possess.

When describing the ideal me in regard to [topic], I see someone who is ...

[Honesty] _____

[Humor] _____

[Loyalty] _____

[Money] _____

[Relationships] _____

[Responsibility] _____

[Sincerity] _____

[Temper] _____

[Trust] _____

Compare the two lists. Does your vision of the ideal you match up to how you think others see you? If not, what can you do to change? Fill in any of the above areas in which you wish to change, and jot down the actions you will take in each area:

[] _____

[] _____

[] _____

[] _____

[] _____

[] _____

WHO AM I? – FOLLOW-UP EXERCISE:

Do you really want to be the best friend, spouse, or co-worker you can be? Then you need to understand how your friends and spouse *really* perceive you. First, I need to warn you that you need to be ready to hear some things about yourself that you might not like. After all, if each person in your life asked you to tell them the whole truth about how you see him or her, wouldn't you need to list weaknesses as well as strengths?

Ask your friends and spouse to complete the following sentence for each topic:

I would describe [your name] in regard to [topic] as ...

[Honesty]

[Humor]

[Loyalty]

[Money]

[Relationships]

[Responsibility]

[Sincerity]

[Temper]

[Trust]

WHO AM I? – FOLLOW-UP EXERCISE Continued:

Use the knowledge of how your friends see you to identify how you really come across to others. If the list of your ideal traits and your friends' answers match, congratulations! But if not, then your actions may not be consistent with the "you" that you want to be. Again, fill in any of the areas in which you will work to change, and jot down the actions you will take in each area:

[]

[]

[]

[]

[]

[]
