



What do they know?

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Call or email three of your closest friends or family members and ask them five simple questions (on the next page).

Name	Contacted on (date)	Special notes

Don't let people off the hook. Make sure you get answers that are clear enough so that you can use them in your own understanding.

You can also log your answers to these three coaching questions.

1. Was there a common theme heard in the answers?

2. What surprised you the most?

3. What was reinforced or validated in what you knew of yourself?

Questions for supportive friends /family:

1. What are three gifts or talents you have noticed in me?

2. What do you usually hear me talk about,
 - Solving...
 - Contributing to...
 - Getting involved in...

3. What types of people generally gravitate toward me?

4. What type of people have you noticed that I gravitate toward? (Is there a particular need they have or challenge they are facing?)

5. When do I seem the happiest?