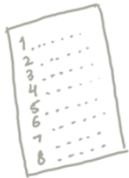


REFLECTED BEST SELF

The [Reflected Best Self exercise](#) is an exercise that will help you to get useful feedback on how you add value and what your contribution is in your field of influence.



1. IDENTIFY VALUABLE FEEDBACK GIVERS

Identify 2-6 colleagues or friends who know you well.

These people may be colleagues, family members or customers. The more diverse the group, the better.



2. COMPOSE YOUR FEEDBACK REQUEST

Draft an email where you ask your identified peers to highlight 3 strengths or ways in which you add value and make important contributions, and to give an example to each of the strengths above ("For example, I think of a time that ...").

Although this request may seem awkward or difficult, often participants have found this to be a profound learning exercise and the feedback givers are almost always very much willing to assist.



3. ANALYSE YOUR FEEDBACK

Read through all of your feedback and take notes on your key insights and look for commonalities across the responses.



4. COMPOSE YOUR RBS PORTRAIT

Write down an account of when you are at your best. This may include your potentially newly found strengths and outside perceptions.