



# UNCOVERING YOUR ESSENCE

Ask 3-5 friends, community members or colleagues to write about what they love about you. This will likely feel uncomfortable. If necessary, let them know it's for an assignment. Give folks two weeks and follow up with them if they have not submitted the information by the two-week mark.

After you receive the information, read it. Pause and read it a second time.

*Journal your immediate reactions:*

**In three days from now complete the rest of this worksheet.** Read the feedback again in three days and answer the below questions.



*What's surprising and challenging about what folks have written?*

*Imagine you are your closest friend. Write a letter describing what you love about yourself as if you are an outside observer:*

*Any key insights from the content of and the writing of the letter above:*

*What are your key takeaways from this exercise?*

