

# 5-5-5 Feedback Exercise

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## Introduction:

This is a great way to see yourself through the eyes of people who you know, admire, trust and respect! It is perfect for you if you struggle with imposter feelings, have a tendency to downplay your strengths or focus on negatives.

Key to getting the best from this exercise is choosing five people who you admire and whose opinion you really value and trust.

## The steps:

Start by thinking of 5 people whose opinion you trust and respect - and who would be willing to give you 5 minutes of their time.

You are going to send them the questions and ask them to send you their answers - by voice note if they are happy to - or by email or text.

Once you have their answers, thank them for their time and the feedback.

## The questions:

- What one word or phrase describes me best?
- What is my greatest achievement?
- What is my greatest strength?
- What do you value most about me?
- What do you see in me that you don't think I see in myself?

# Using your 5.5.5 Feedback

Now that you have the feedback and you have said Thank You, collate the feedback here:

I am (the words or phrases that describe me best)

My greatest achievements are:

I am valued for my:

My greatest strengths are:

I am (the things that others see in me)

## 5.5.5 REFLECTIONS

- Who did you choose and why!
- How did this exercise make you feel?
- What did you learn about yourself by doing this?
- What are you most proud of right now?
- How could you use this to help you move towards your goals?
- Who else would benefit from this exercise?

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