

Reflecting

YOUR BEST SELF



Research has found that people respond positively to praise, which produces, confidence and a desire for improvement, whilst they remember criticism, negatively, which causes defensiveness and a resistance to self-improvement.

► Things to consider before using this method

- This method requires commitment and follow-through to be effective.
- This is to help develop an effective action plan, not an ego-boosting exercise.
- For students working professionally, this method should be used at a different time of year than the traditional performance review to avoid interference from negative feedback.

STEP 1

IDENTIFY RESPONDANTS and request feedback from the people who know you best, (family, friends, teachers, etc.). Ask these individuals what they think of your strengths **ONLY**, and to include specific examples of how you used said strength, and why it was significant to them.

STEP 2

RECOGNIZE PATTERNS by using the feedback to identify common themes/areas of strength. Add your own examples and organize the information into the table below.

COMMON THEMES	EXAMPLES GIVEN	POSSIBLE INTERPRETATION
EX. Adaptability		
EX. Creativity		
EX. Listening skills		

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STEP 3

COMPOSE YOUR BEST SELF by writing a description of yourself that summarizes what you found through others observations and your own analysis. This should be a prose composition approximately 2-3 paragraphs long, please start it with “When I am at my best, I...”.

STEP 4

REFLECT on what your best self revealed about current and potential career paths.

