

MODULE 2: ACTIVITY 1: HOW OTHERS SEE ME: REFLECTION/WRITING



How others describe you. Look at the evidence to begin to reframe and revise your story.

1. Center yourself: take 1 minute and slowly breathe in and out. Be present.
2. If you like, you may close your eyes. Take 2 minutes and reflect on what descriptors your best friend, a loving partner or your current colleagues would use to describe you.
3. After reflecting, if you're old school like me, get out a journal, or open a Word document on your laptop or tablet. Now make a list of as many descriptors as you can that came up as you reflected how your best friend or loving partner or colleagues see you.
4. This is an important reminder of who you are today as seen by others around you.
5. Sometimes we need the evidence outside of ourselves to be able to truly see ourselves.
6. Put the list down. Come back to it either later the same day or the next morning.