

What Makes You Unique?

(A series of exercises about bold self-expression)

1) Identify three things that make you memorable. Think different, think off-beat, and try not to censure!
(e.g., I enjoy painting my dreams, I'm great at harping on things, my pockets are filled with post-it notes of crazy ideas, I make the best cake designs, I can shift the energy of a group for the better, I play the triangle, I am writing my own super hero comic book)

2) Ask three friends or family members to give feedback as to how they see you.

(I am looking for uniqueness I can use in the work I do so “do not be shy!”)

What do you think is my greatest strength?

How would you describe my personality?

What do you think I should let go of?

When do you feel I am at my best?

When do you see me shine brightest?

Identify three, “interesting”, “amusing”, “off-beat” or “quirky” things about me.

3) What experiences/feelings does your “uniqueness” create for clients?

4) Write down three “bold” or “outrageous” statements about the work you do.