

THE 30-DAY CHALLENGE

360 Degree Review

Dear _____,

I am working through an exercise to understand myself more clearly, and I have the opportunity to get input from the people who know me. This helps me see the gap between **how I see myself and how others see me**, so I can adjust where it counts. Please take a few minutes with the questions below and return this to me by _____. Candour is the whole point. Thank you.

1 What do you think are my best qualities?

2 What do you think are my greatest constraints?

3 How well do you think I know myself?

4 In what ways have I earned your respect?

5 What one thing do you think I could do to improve my life and my ability to relate to others?

6 Do you believe I am open to constructive criticism, and to making personal adjustments when others speak the truth appropriately to me?

7 How do you think I handle pressure? In what way could I handle pressure better?

8 How would you describe my reputation?

9 Do you trust that I make good decisions?

Not at all 1 2 3 4 5 6 7 8 9 10 Completely

10 Am I accountable to what I say I will do?

Not at all 1 2 3 4 5 6 7 8 9 10 Completely

Any comments on questions 9 and 10:

Thank you for investing in me with your honest insight.