



REFLECTIONS



SEEING YOURSELF DAUNTLESSLY HOMEWORK FOR EPISODE TWO

Pour yourself a cup of coffee. Tea. A glass of wine. Whiskey. Whatever's your pleasure. Now post up in a quiet place. You're about to do some serious self-reflection, and you need to focus with no distractions. Settle in. Get comfy. Now...

Set a timer on your phone for one minute. You're going to write down 10 adjectives that describe you. Not your ideal state. Not what you want to be. Write down who you are now. Presently. Today. Go fast. Go with your gut. Don't think too hard or too long. Get it out within that one minute. Now start.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ok. Re-read your list. Take a few brief seconds to let them sink in. No editing yet. No scratching out. Leave it be.

Now, set another one-minute timer. This time, you're going to write down 10 adjectives that you think other people would use to describe you. It helps to think of a specific person. What would your Mom say? Your girlfriend? Husband? Best friend? Colleague. Cycle through a few specific people, one at a time, and jot down what you think they'd say.

Be honest. No sugar-coating. Again, go fast. Gut instinct. Start the timer. Go.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Whew. Ok. How'd that feel? You doing ok? Take a sip.

Now... set your time for three minutes. Go back over each list, and here's where you can do some light editing. Don't you dare completely re-write it, but you can make say, three to five tweaks, if need be. Start the timer.

Alright, alright. Now, you should have a pretty good list of 20 adjectives that describe you. Some might be the redundant, or similar. And that's fine. But still, you have 20 words that are you. Not Ian. Not Kelly. Not Maya. It's just you, and only you.

Now, as we heard in this week's episode with Amy Hixson, you can't be right for everyone. You're too tall. You're too short. You're too loud. You're too quiet.

So what?

Because you're gonna be just perfect for someone. Just perfect for some job. Just perfect for some hobby, some sport, some endeavor, something, somewhere. For someone, you're perfect. But most importantly, you re just perfect for you.

So own your list of adjectives. Embrace it. Don't sanitize it. Don't idealize it. Own it.

Print it out. Hang it on your mirror. Add it as a bookmark on your phone. Whatever it is, embrace it. It's you. And stand by, you.