

5 February 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## How are you being perceived?

*Who we are isn't necessarily how people see us so it's important to ensure we are coming across the 'right way' as this will have an impact on all our relationships. So these questions may be a bit difficult to answer & may make you uncomfortable but it's crucial to know where you stand so you can address the points that you either don't like or that you feel aren't the true you.*

*Remember that all these answers are individual to you and depend on your personality, values & life experience. There are no wrong answers so if you aren't happy with some of it then you will need to focus on these areas.*



*Monday - Do people know about you or can you fade into the background? Do they remember your name or is it frequently forgotten or confused? Do they come to you easily and what about?*

*Tuesday - Do people understand you/ your decisions/ what you're about easily or do you always have to explain things? Do you feel misunderstood or having to repeat things regularly?*

*Wednesday - Do you get a lot of praise and compliments or do people seem to just moan and grumble? Do you pay a lot of compliments or do you moan and grumble a lot/ about the same things?*

*Thursday - Ask 1 person in each of the following categories to describe you in 5 words: someone you've known for years but not close to, someone you've known for years & close to, someone you've known for a very short period of time, an acquaintance.*

*Friday - Where you surprised by some of the answers you received yesterday? Which ones and why? Is this how you want to be perceived?*

*Saturday - From Thursday's answers that you did not like, how could you change them? From the ones that you did like, how could you improve on them even more?*

*Sunday - What is your communication style? Are you open & transparent or do you hint? Does it get you what you want? How could you improve the way you come across in a way that's comfortable to you?*