

Perceptions

Sometimes it can be interesting to see ourselves through the eyes of other people. This exercise will give you a chance to do just that.

Talk to 10 people you know – friends, family, co-workers – and ask each one of them for three words that describe you. These words will reflect some of their perceptions of you. Write these words on the back of the page and then answer the questions below.

1. Summarize your findings by identifying the five characteristics or traits that were mentioned most often.
2. Do these descriptions match your self-perception? Why or why not?
3. Think of ways that each of these qualities might be strengths in the workplace.
4. Write a short sentence that you could share with a potential employer to describe the qualities others see in you (friends describe me as ... co-workers would say ... my boss thinks that I ...).

