

## Objective, Big Idea & Biblical Focus:

Participants get outside input on their abilities from the people they are closest to.

**BIG IDEA:** This is an opportunity for courageous awareness through brutal honesty.

## How it Works:

The two questions that are asked in Ability 360 require trust and vulnerability. Encourage participants to ask a few trusted individuals who they know can be objective and honest. This is an exercise that will need to be initiated and completed outside of session.

## Coaching Tips:

These questions might be better asked in a face to face conversation rather than over text so encourage participants to seek the best form of communication for them and others. Encourage them to surrender to the self-awareness potential of this exercise without a defensive posture.



# Reference:

Journey 1, pg. 76

 YOUNIQUE *Session 7*

## Ability 360

For this interview tool, take some time to talk with people that have worked closely with you. Consider interviewing co-workers or friends from previous work environments to enable more transparency in seeking objective feedback. Consider input from people who have worked "above you" or "below you" in the organization.

**In your opinion, what ability do I have that I am not fully aware of or that I have not fully maximized yet?**

Person #1

Person #2

Person #3

**In your opinion, what do I think I am better at than I really am? Why do you think I have a hard time with self-awareness in this area? What's the most important thing I need to hear about myself, to gain clarity about my ability, even though it will be hard for me to hear?**

Person #1

Person #2

Person #3

 **Please complete the Ability Circle Inventory worksheet on pg. 14–15 of your Yunique Experience Notebook.**

