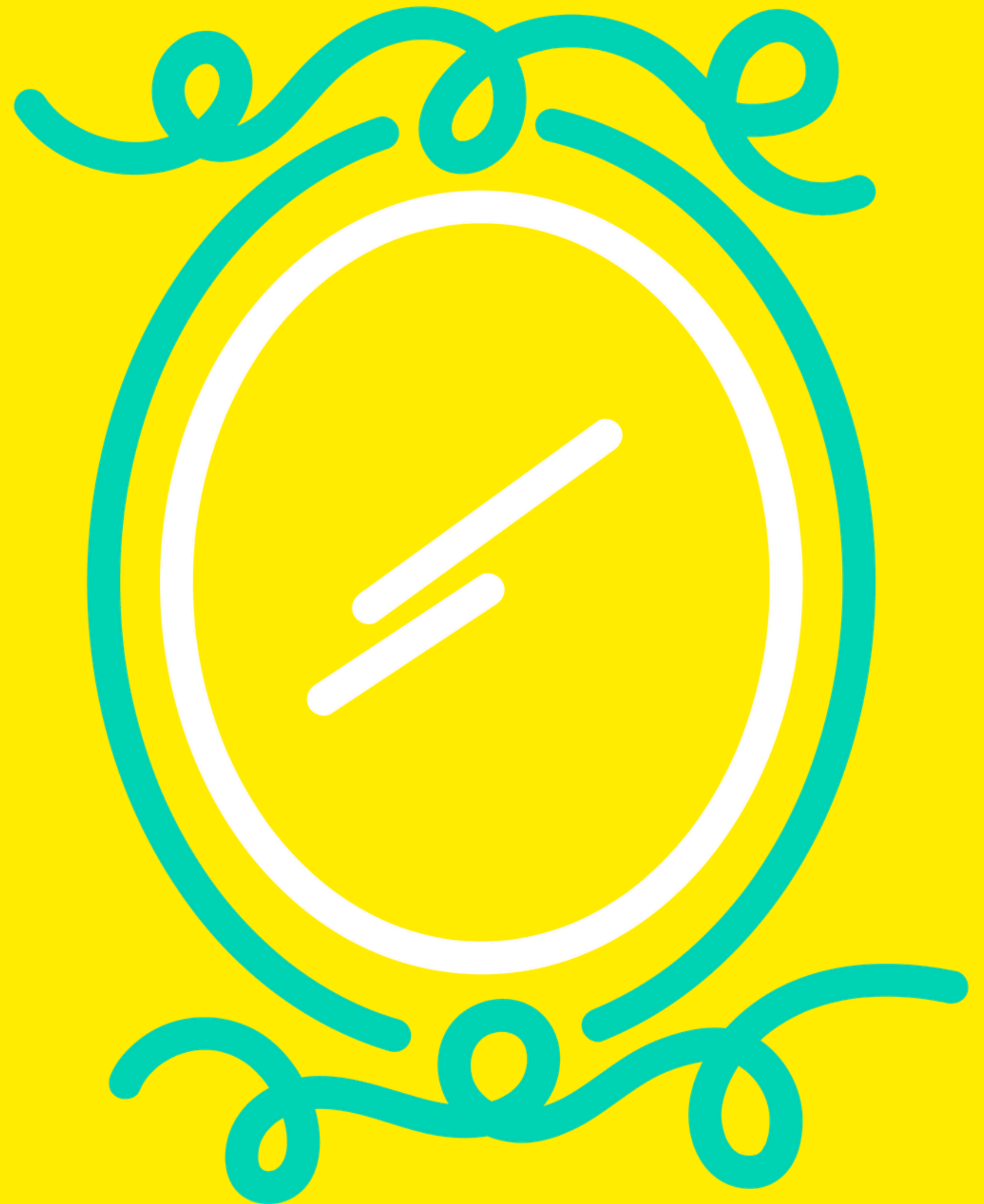


Ten Minute Tool

The mirror test



Starting with you.

Working out *what you want to be known for* compared with *what you're actually known for* is a great way to get feedback and manage your brand.

Start by
writing
down *five*
words you
want to be
known for.



Then, go to at least *six people* and ask them for *three things* they think you do well.

Alternative ways to ask this question include *“Can you tell me three things that make me stand out?”*, or *“What three words would you use to describe me at my best?”*

Person 1

A large, empty rectangular box with a thin black border, intended for writing feedback from Person 1.

Person 2

A large, empty rectangular box with a thin black border, intended for writing feedback from Person 2.

Person 3

A large, empty rectangular box with a thin black border, intended for writing feedback from Person 3.

Person 4

A large, empty rectangular box with a thin black border, intended for writing feedback from Person 4.

Person 5

A large, empty rectangular box with a thin black border, intended for writing feedback from Person 5.

Person 6

A large, empty rectangular box with a thin black border, intended for writing feedback from Person 6.

What themes do you spot in the words you have been given?

How does this compare with your words?

Words that are consistent



A large, empty rectangular box for writing, outlined by a solid purple border and a dashed yellow border.

Words that are different



A large, empty rectangular box for writing, outlined by a solid purple border and a dashed yellow border.

Consistent words show that what you want to be known for is how you're showing up.

That is a really positive outcome and something to keep focused on.

Words that are different might be an insight into strengths you show up with that you weren't aware of or that you are overplaying some of your talents and it's taking away from the things that you want to be known for.

Take a moment to think and reflect on what you will do differently as a result of this insight.

Learn more: The Mirror Test



Watch

TED Talk:

The Secret to
Great Feedback,
LeeAnn Renninger



Read

Book:

The Squiggly Career,
*Helen Tupper
& Sarah Ellis*



Listen

Squiggly Careers

Episode #122:
How to Make Your Strengths
Show up and Stand Out

We hope you've found this Ten Minute Tool useful.
For more free career development resources visit squigglycareers.com

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