



Another way that we can find out information for the 'Like and admire' section on the one-page profile is to ask people who know us best, and here's one more activity for you. What I want you to do is to get out your phones and text a few people who you know really well and who you trust, asking them to let you know what they like, admire and appreciate about you, and see what you get back.

You could write something like 'I'm working on a one-page profile and need to know a couple of things that you like, admire and appreciate about me; can you text me back?' Send that off to the people on your list, and wait and see what you get back. Now, don't be alarmed if you get something back first that's tongue-in-cheek or even a bit rude; I'm sure you will get back something more genuine and heartfelt.