

30 Day Journey to *YOUR* Unique Purpose

The New U Now



Mirror Mirror . . .

Reflections of Your Magnificence

Module 6 Presentation and Exercises by Ken Herbert

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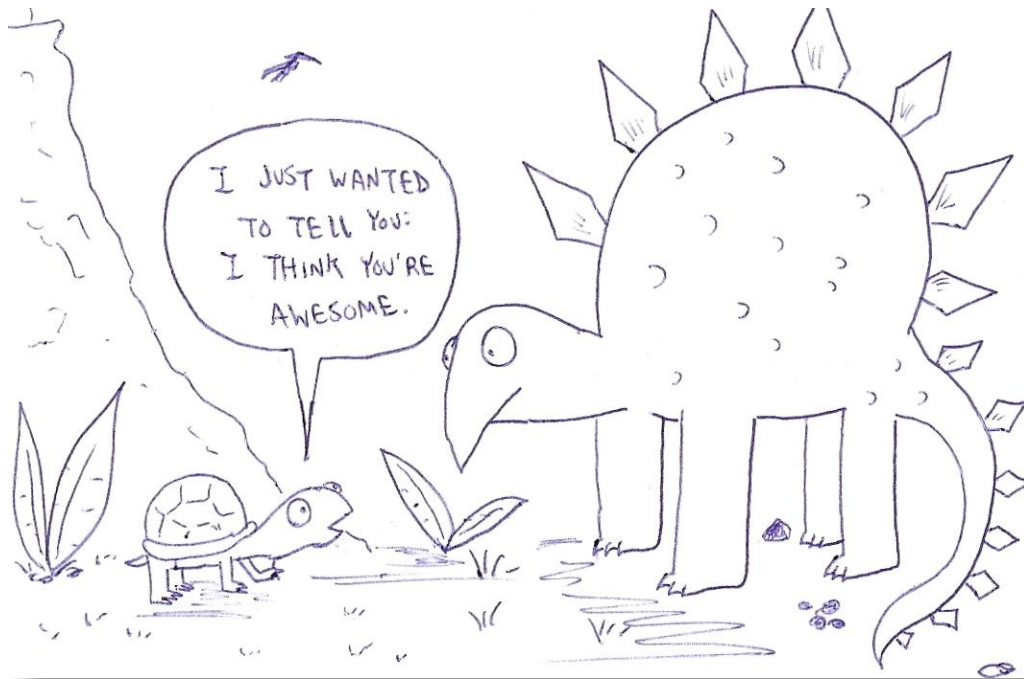
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Ok, today's module is going to be short and sweet.

First, I want you to pick one person - right now - that you admire and respect for who they are and what they do in this world.

Someone that really inspires you.



Got a person in mind?

Great. Now, close your eyes for a moment. Allow yourself to see them in your mind's eye. Really feel them here with you now.

As you contemplate this person, ask yourself what you *specifically* admire or respect about this person?

The more specific the better.

- Is it a particular quality or character trait that they emulate?
- Is it a specific contribution or difference they've made to other people?
- Is it a particular talent or gift they have?
- Is it for what they stand for?

Whatever it is, just let it come to mind. When you're clear on what it is that you admire about this person, then open your eyes and continue this module.

Are you clear on what you *specifically* admire about this person?

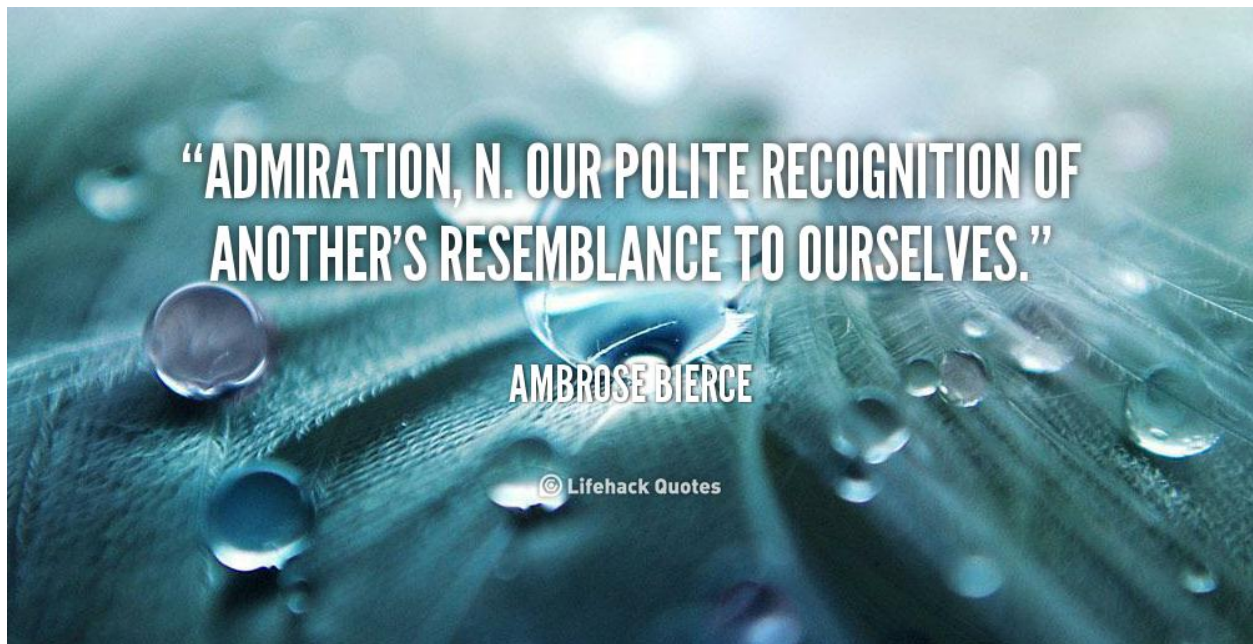
If not, make sure you do this before moving on. This will be a much more powerful awareness for you if you do.



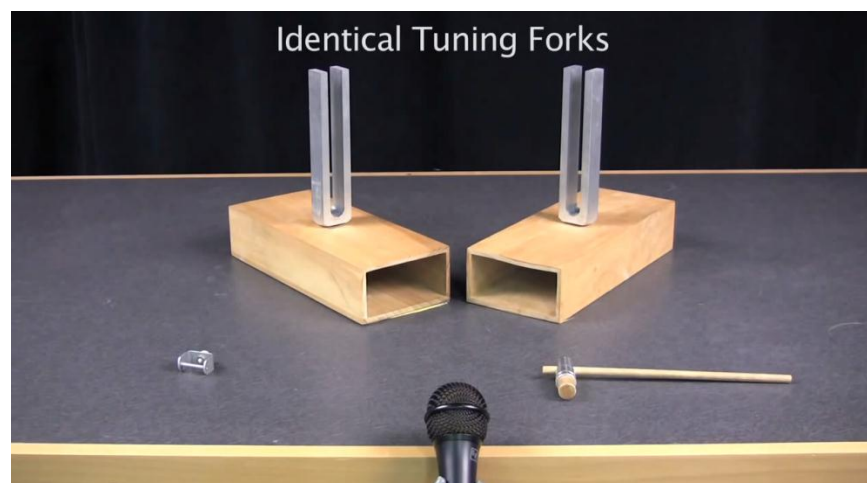
Great. Now I'd like you to consider this:

What You Admire In This Person is a Mirror of U

Whatever quality or talent or commitment you admire in another is also in U. If it wasn't in you, you wouldn't have resonated with it so deeply.

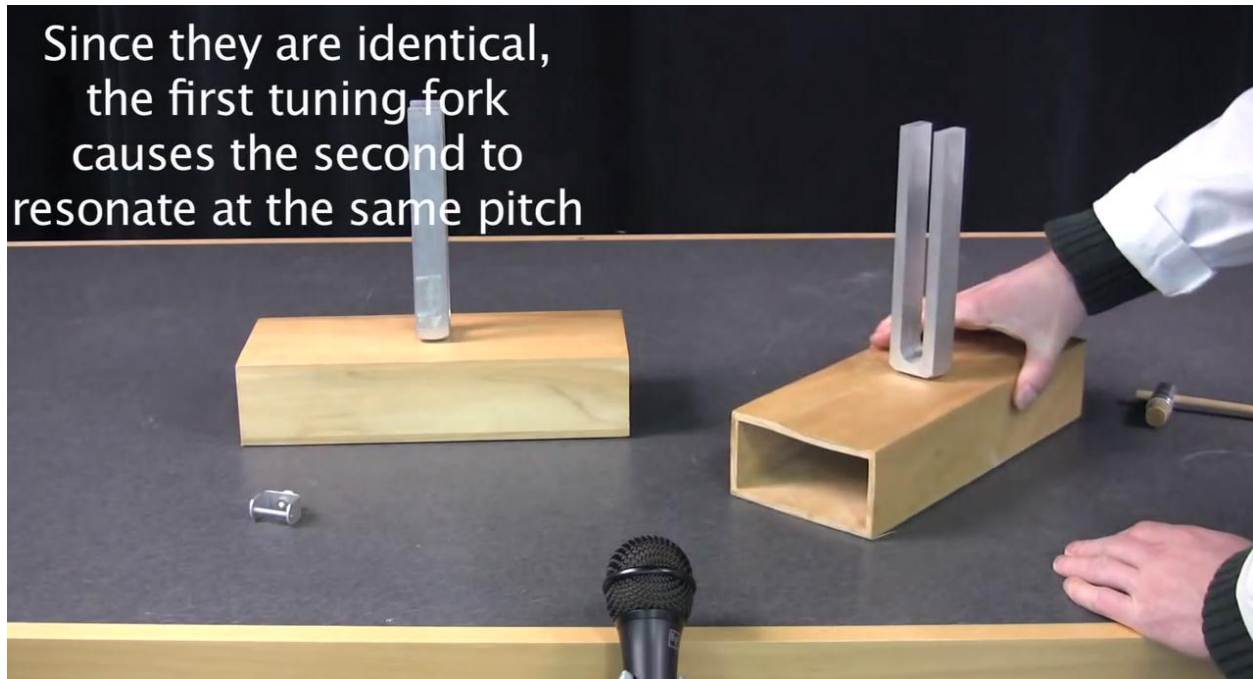


It's much like an interesting property of tuning forks. Here's a quick 1 min 50 sec Youtube vid that shows how this resonance process works:



<https://www.youtube.com/watch?v=aCocQa2Bcuc>

When two identical tuning forks are placed next to each other, striking one will cause the other to resonate at the same frequency.



So, consider the possibility that you may have described yourself in the above exercise.

Sometimes it's easier to see the strengths in others than it is to see them in ourselves. We often take our strengths for granted because they are so much a part of who we are that we don't notice them.

Just like the fish we talked about in Module 1 who asked, "What the heck is water?"

So, looking at the qualities we admire in other people is another way of finding our strengths.

Today's Assignment Is This:

1. Make a list of 5-10 people you admire the most. You don't have to personally know them, though you may.
2. For each one, close your eyes and give yourself a moment to visualize them and feel them with you.
3. Ask yourself what you specifically admire about them.
4. Open your eyes and write it down.
5. After you're done with all of them and have your list, ask yourself which of those qualities you now claim for yourself.

Extra Credit For the Go-Getters

Ask for Direct Feedback from Others.

Another way to get information about your character strengths, gifts and talents is to directly ask 4-5 people that are close to you.

Let them know you're participating in a training to help you identify your greatest strengths and talents. Then ask them any of these questions - or make up your own - and record their responses:

What do you see as my greatest character strengths?

What do you see as my greatest talents, skills or gifts?

What situations have you observed that I've handled particularly well?

Etc. . .

Pay special attention to any similarities you notice in what they say and take note.

Also, think about the **positive comments others have expressed about you throughout the years.** Especially, bring to mind those things you've heard multiple times.

You should now have a decent sized list of additional qualities to add to your growing list.

Until next time, may you notice the many "mirrors," reflecting the magnificence of U.