

## Exercise 2: Inner Traits Email Invitation

*If you're planning to complete this exercise you may wish to email a number of people to ask if they would be happy to give you some feedback on your best traits. We've prepared an email template below for you to adapt and use if you wish.*

*Hope you find it a helpful exercise!*

Hi

To help my personal development, I have decided to complete a brief full circle feedback process to learn more about my own positive traits. As someone who knows me well, I would really appreciate it if you could spare a few minutes to share your thoughts with me. Would you be happy to do that?

The exercise is very simple. All you need to do is sort through a set of Positive Trait cards and pick out the traits which you see me showing when I am at my best. It should only take about 20 minutes to do.

If you're happy to help I will give you a set of cards and then you can just follow the instructions below. If you are able to get your feedback to me by **Monday 1<sup>st</sup> January 2020** that would be fantastic!

If you are not able to help this time that's fine, please just let me know.

### *Exercise Instructions*

1. Sort through the 75 cards, looking at the word side.
2. Pick out the 8 traits that most appropriately describe me at my best (it may help to think of what you most value in me, or remember the times when I've been most energised).
3. When you've chosen the 8 cards, write the traits into the table below.
4. Write a brief explanation of why you chose each strength.
5. Send me a copy of the completed table and return the pack of positive trait cards.

<b>At your best you show that you are...</b>  (identified traits)	<b>Because...</b>  (examples of how these inner traits are demonstrated, why it is of value etc)


I would be happy to return the favour and let you know what positive traits I see you using. Just let me know if you'd like me to do that.

Please let me know if you have any questions. If you want to know more about the Positive trait cards just take a look at [www.innericons.com](http://www.innericons.com) or follow @innericons on Instagram.

All my best