



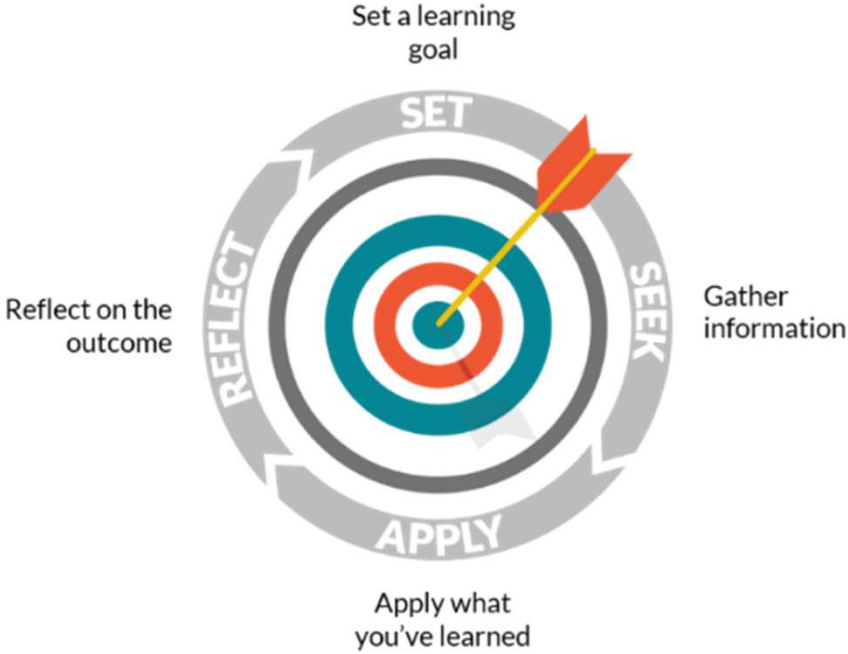
**Empowering Me**

**Seek Perspective & Evaluative  
Feedback From A Skilled Peer or  
Mentor On a Specific VUCA  
Resilience Skill I Want to Develop**

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**MASTER HABIT**

# Make Continual Change & Learning a Fun Practice



**Goals**  
Make It Undaunting

**Milestones**  
Break It Down

**Practices**  
Make It A Fun Habit

# Empowering Me

## Seek Perspective & Evaluative Feedback From A Skilled Peer or Mentor On a Specific VUCA Resilience Skill I Want to Develop

**Set:** Choose a skill you want to develop important enough to seek feedback and perspective from a colleague whose skill you admire.

**Seek:** Watch the 3 videos linked on slide #4, then review the key points on slides 5-8.

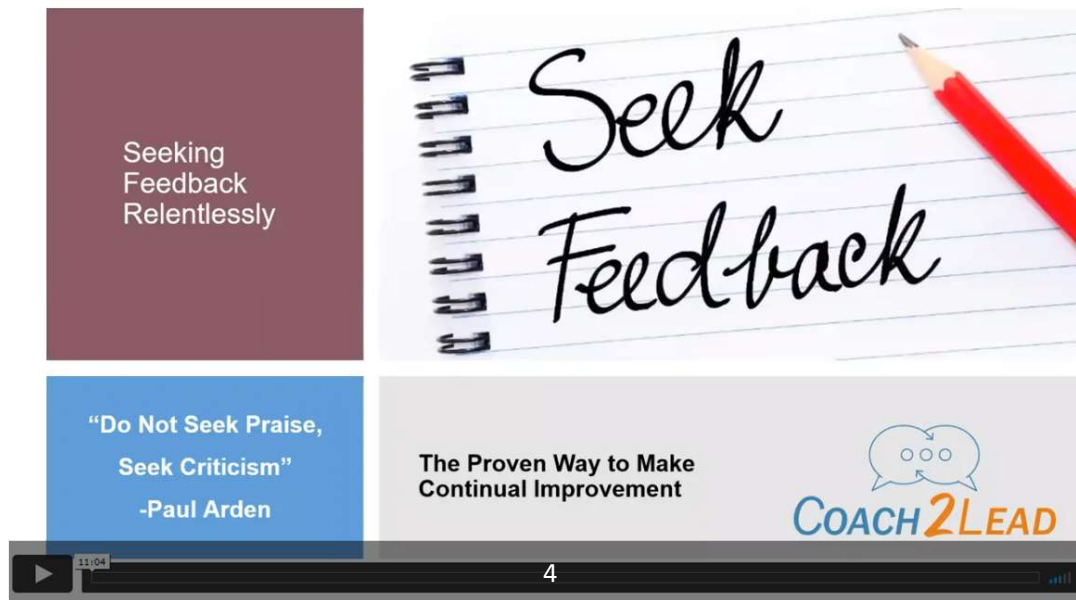
**Apply:** Hold 2-3 perspective and feedback seeking conversations with respected colleagues. Take notes during your process for later reflection.

**Reflect:** Ask yourself the questions on slide #8. Use your reflections to inform your goal reset decision.

**Reset:** Hold as many conversations as you need to be satisfied with your development of this specific skill. Then, pick the next best skill you wish to develop and repeat the process. Continue this process for the rest of your life to be a person constantly and consciously working their leading edge of development.

This is a continual learning MASTER HABIT life-long learners develop to stay in flow and enjoyment of life.

# Learn from Others – Emulate Exemplars



Watch these short videos to discover best practices for seeking feedback and valued perspective

Seek Feedback Relentlessly 11:04

<https://vimeo.com/436212460/81cec77727>

Taking Perspectives 5:04

<https://vimeo.com/470557225/6548162ef5>

Seeking Perspectives 5:00

<https://vimeo.com/470562970/4e8d6a0e75>

# Perspective Seeking Best Practice

- Explain why you seek their perspective
- Explain how you intend to apply their perspective
- Thank perspective providers for their participation
- Offer to share your final results, outcomes, and/or decisions with them



# Ask For Focused and Specific Feedback

- I am working on becoming better at (Name of your specific resilience skill). You know me well, is there something I could be doing better or differently to (skill name) with others?
- What's the one thing I am doing that gets in my own way from being more (skill name)?
- I admire your (skill name). Can you share your secret to success with me?
- What might be a good first step for me to try next?



# Ask Clarifying Questions to Increase Specificity

- What do you mean I come off as...?
- When you say x, can you give me a specific example?
- What could I do differently to seem better at (skill name) to you?



# Reflect On Your Seeking Results



- Did you learn anything that you might not have without the seeking?
- Was the additional perspective valuable- did it change or enlarge your perspective?
- Did your build relationship with the respected mentor?
- What did you learn in the process?
- How can you make future perspective seeking more efficient?
- How can you make future perspective seeking more valuable?