

# — YOUR *signature* LIFE —

## MODULE 2

### LESSON 3

Module 2 is all about examining where you're currently at, both in terms of your levels of satisfaction in the various areas of your life as well as the mindset and mental scripts you bring to your everyday life. We've looked at how you can address these points on your own, but in this lesson we focus on the other piece of the puzzle, which is how to gain self-awareness through others.

When people hear the term "self awareness", they tend to consider what they think of themselves. But to live a truly deliberate life, it cannot be just about what you think. There's an entire world of people out there who experience you and whom you need to tap into in order to learn more about yourself.

### **HOW TO BUILD YOUR BOARD OF DIRECTORS**

*Adapted from The Deliberate Effect*

1. Think of the people in your life who have already shown their loyalty to you, their faith in you, their candidness, and their honesty.

Ask yourself: Whom do I trust, value, and admire? Who challenges me and draws me out of my comfort zone?

Consider people in both your professional and personal circles, people of different genders and values. Use the template provided in the following pages and write your name in the middle circle of the paper. Then fill in the smaller bubbles with the names of the people you came up with. These people can be from all areas in your life: social, clubs, work, old friends, new friends, etc.

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2. Reach out and tell these people why you'd love for them to be on your board, explaining your desire for their candidness and honesty. Below is an example message that you can work off of as a base to send to them, but feel free to tweak and personalize it in whichever way feels most authentic to you. **Schedule a time in your calendar to reach out.**

Sample email script:

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Hi [their name],

I'm reaching out because I'm focusing on my personal development and strongly value your opinion. I'd like to know if you would be on my Board of Directors.

You might be wondering, What does being on [your name]'s Board of Directors mean?

Successful companies are built with the support of a great board of people behind them, and that's how I'm approaching my own development—I want to build on my growth with the support of the people I trust and whose opinions and advice I deeply value. So, I'd like to know if I could reach out to you when in need of some feedback or advice. I give you the green light for total candidness and honesty!

Would you do me this honour?

With deep gratitude,  
[Your name]

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