

# SELF DISCOVERY PATH



- [A] Honest self-assessment
- [B] Psychometric Testing (See some examples below)
- [C] Evaluation and honest feedback from others
- [D] Stretch your limits

**Remember: You don't have to be stuck with who you are now. You can create and recreate yourself at will. More important than the question, "Who am I?" is the question "Who do I wish to be?"**

## HELP

- ❖ **Myers Briggs test.** We can send you the test and provide the full assessment at a cost of \$10.
- ❖ **Strengths Finder test.** [www.gallupstrengthscenter.com](http://www.gallupstrengthscenter.com) There is a cost involved. We are currently negotiating with a vendor to provide training and testing at a reduced cost.
- ❖ **Brandality Quiz.** <http://kayeputnam.com/brandality-quiz/> Free test online.
- ❖ **Interview/Questionnaire.** Email us for template with questions. Select the questions that are most relevant from the list. Answer the questions yourself and then send them to: A spouse/partner, parent, sibling, best friend, other close friend, friend, acquaintance, colleague. Ask them to complete honestly in order to help you on this journey of self discovery. You may create an anonymous quiz online. When you get results, assess them. How many answered the same as you did? How similar/dissimilar were the results when you compared the answers from those closest to you to those who are not so close?
- ❖ **Test based on Johari model.** <http://kevan.org/johari>
- ❖ **Extract life lessons from everything.** Ask yourself, "What can this teach me? What have I learned? What can I teach others?" Example: Jeremy's passion for classical piano. I asked him what he knows about music that could be valuable to professional speakers who don't play the piano. He came up with the lesson from AABA. Use what you know to provide an answer to questions people want to know.
- ❖ **Store your stories and look for a common theme.** Everyone has stories. What are yours? Recall your stories and write them down. If you can't remember stories, the best way to do trigger your memory is to spend time with family and friends and play the 'Remember when' game. Record stories and anecdotes or they are quickly forgotten. The most important thing a speaker can do (other than read and learn) is to collect, record and write.
- ❖ **Feedback, feedback, feedback.** Ask for feedback from as many people as possible. Ask people what they think you can teach. Remember to ask a selection from those closest to you to casual acquaintances.

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## CARE Success Strategies

Start doing these things today and every day to become a better speaker:

- **Collect and catalog content.** *Recall all the interesting, dramatic, funny things that have happened in your own life and write them down. If someone shares a great story, write it down. If you read a captivating story, jot it down. If you hear a funny joke, make note of it. You get the idea. Start collecting and don't stop...*
- **Associate with others who trigger you in positive ways.** *Get together with like minds to share ideas and to develop creative content.*
- **Read and research content** - *Google is your friend. If there is a topic that you'd like to talk about, research it online, listen to talks, take courses, read books. Learn whatever you can learn about the subject.*
- **Explore new ways of doing things.** *Be innovative. When we share our training in creative techniques you will learn new ways to look at old content.*

## GOAL

Become a specialist not a generalist. Think about one thing that you know well that you can teach others and learn everything you can learn about that one thing. Make a daily ritual of this.

## RITUALS FOR SUCCESSFUL SPEAKERS

- ❖ **Watch others speak** (TED Talks, YouTube etc.). Take notes and evaluate their performance. What did they do well? What could have been better? PIE method.
- ❖ **Speak and record yourself.** Weed out bad habits (e.g. filler words). Take notes and evaluate your own performance. Keep working on improving your speaking style. Focus on vocal variety, cadence, pauses, emphasis.
- ❖ **Write.** Make a habit of writing every day. You could journal or simply indulge in some 'monkey chatter'. Set your alarm and do it every day at the same time. I prefer pen on paper but you can choose your preferred method. Then look for gems and store these in a 'gem folder' for use in your speeches.
- ❖ **Practice** speaking in front of a mirror.
- ❖ **Speak in front of audiences as often as you can.** Join a local Toastmasters, offer to speak for Rotary, Lions and other clubs and organizations. Practice for your family or with your TRIBE.
- ❖ **Get feedback** and constantly work on upgrading your skills.