

# Module 4: Honoring Yourself Through the Eyes of Others

## Instructions

Building strong relationships with those around you is a great practice that can help strengthen your perspective of yourself. Often, we view or critique ourselves through a narrow lens, picking up on small details that those around us may never even notice! By taking a step back and viewing ourselves through someone else's eyes, we can be reminded of our strengths.

## Take Action

Take some time now to connect with those closest to you and practice vulnerability. Ask them to describe your strengths. What about you do they admire? What about you do they find powerful? If you'd like, you can reciprocate by sharing their best strengths, too.

Consider what you think your strengths are. What do you love about yourself? What do you think are your best qualities or strengths?

Reflect on and compare each set of strengths – theirs and yours. What do you notice?

## Reflect

Reflect on the following —

1. What do others see in you that you have a hard time seeing in yourself? Why?
2. If you reciprocated and shared someone else's strengths with them, how did it feel?
3. What was it like to hear someone else speak to your strengths?

