



FFF Experiment = Friends & Family Feedback

Ask 5-10 of your **friends and family members** for feedback on you and your character. Be happy to receive the positive information on your strengths as well as open to constructive criticism that will lead to you upgrading your personality and becoming the BEST version of yourself 😊

HOW? You can send them an email, text them, send the questions in a Word document, create a survey through Google Form or SurveyMonkey, do over-the-phone or in-person interviews, etc.

1. What 3 words would you use to describe me?
2. Please name 3-5 of my biggest strengths:
3. Please name 3-5 of my biggest weaknesses:
4. What are 3-5 of my biggest victories/accomplishments?
5. What profession do you see me doing most?
6. If I had a company, what would you see me offer?



The Boardroom Technique

by Napoleon Hill

Imagine you have a boardroom of 3-4 people you look up to and wish to access their minds because you trust their judgment. Choose whoever you want to be with in your boardroom – living or not, real or fictional.

Put their names here:

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→ Well, now you have access to their entire knowledge.

Boardroom Meditation:

Think about the problem that you would like to ask for guidance.

Ask a clear question.

Then listen for what they have to say.

Put their answers here:

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Use this as many times you'd like for any topics you need support with 😊