

# How To Build Your Impact Through Authenticity

Worksheet

from **IGD**

# Who you are - establishing your authenticity

This exercise is all about you. To use your natural authenticity, it helps to understand more about yourself.

In the text fields to the right, 'Who do I need to be, to impress?' list the behaviours and personality traits you think you need to demonstrate, in order to be impressive at work.



Then in the table below type in your answers to these five questions;

- 1) Type 5 positive words that describe the real you, what are your character strengths as a person?
- 2) Add 5 positive words that your friends, or those who know you best outside of work, would use about you.
- 3) Add 5 more words that describe you when you are really in your zone at work, what are you loving?
- 4) When you are full of energy and feeling fantastic outside of work, how do you behave? Add 3 more words.
- 5) Now using the words that you have typed below, select two distinct words that you love being and doing, not just at work, but everywhere!


**WHO DO I NEED TO BE ,TO IMPRESS?**

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**Bringing me to life - with distinctiveness - to stand out positively as a unique brand.**

Type your first distinct word into the box below. Then type into the box what you would say, do, how you would behave, if you amplified this first character trait.

Empty box for writing the first distinct word and its amplified effects.

Type your second distinct word into the box below. Then type into the box what you would say, do, how you would behave, if you amplified this second character trait.

Empty box for writing the second distinct word and its amplified effects.

If you overdid your two character traits, what might other people think about you negatively? Type your answers in the box below;

Empty box for writing negative thoughts about overdoing character traits.

## Building Impact Through Your Unique Character

How will you use your authenticity to build your impact?

Use this exercise to brainstorm how to amplify the character traits selected on the previous exercise and to decide what you need to remember to not over do it!

