

# Fortifying Your Team

Dear (insert loved one),

I'm owning my shit and have enrolled to do a course with Layne Beachley called Own Your Truth. In preparation, I have been asked to reflect on a moment in my life and connect with friends or loved ones to learn more about myself and the impact on people around me.

Working on improving myself for our future includes looking at how my past has affected you and how I can be a better (Insert role- e.g.mum/dad/partner/sister/brother/employee/etc).

You are a trusted member of my dream team so can you please take a few minutes to help me understand our relationship from your point of view?

Please answer the following questions and give me your honest feedback from a place of love and support.

What are my strengths?

What are my weaknesses?

What can I improve on?

How do you see me?

What do you love about me?

What do you love doing with me?

How did my change (insert description of life event e.g divorce/job/injury/success) affect you?

What did it teach you?

How can I be a better....? (insert relevant role)

What do you believe I need to work on?

What is the one thing we can do together regularly?

What is the one thing we can work on together?

My intention is to strengthen our bond and share more joy with you.

Life is so short, and we were chosen to live it together so I want to make it count by creating more meaningful life memories with you.

Thank you so much. You mean the world to me.