



## *What Makes You Unique?*

Everyone is unique in their own way... everyone. If you are wondering what makes YOU unique, here is an exercise to find out. Listed below are aspects of each one of us that define our uniqueness. Write your responses to each aspect and see and KNOW that you are truly unique. Ready? Go...

### 1. Experiences

No one has had the same experiences in life. Not one person. List 3 memorable experiences that you have had in your life.

### 2. Perception

Perception accounts for how we experience things as well as how we think and feel, so it plays a huge part in what makes a person unique. Write down 3

experiences you had where the other person you were with had a completely different perception of the experience you were both having.

### 3. Beliefs

Your experiences and perceptions in life create your beliefs. What you believe is what you perceive to be true based on what you have experienced in life. Write down 3 beliefs that you have on how you believe the world and the people in it should be.

### 4. Personality

Your personality is unique, and it is what other people see when they interact with you. Write down 3 attributes of your personality that you feel make you unique.

## 5. Willingness to Be Yourself

What makes a person unique? Their willingness to be who they are and stand out from the crowd. Write down 3 things that you feel make you stand out.

The most unique people in the world are the people who fully embrace who they are and are willing to live life according to everything that makes up who they are. Are you living your BEST unique life? I sincerely hope so. If you are still working on this, then let the reflections above guide you.

If you need some help with this, please reach out.

*“You have a gift inside of you, something unique to offer the world. No one else will be you. - Lewis Howes*