

See your life *from every angle.*

> *The people closest to you see angles you can't.*

If you have ever watched footage from a 360 camera, you know how remarkable it is. One small lens captures what is behind you, beside you and above you, angles a camera pointed straight ahead would never catch.

Now imagine using the same idea on your own life. Most of us see only what is directly in front of us, the direction we are headed. The people closest to us can see angles we cannot.

Self-awareness is rarer than we think.

Organizational psychologist Tasha Eurich and her team studied nearly 5,000 people across ten investigations. Most believed they were self-aware. Only 10 to 15 percent actually were. The difference was external self-awareness, understanding how other people see us. Those who improved sought out "loving critics," people who want good things for them and will tell the truth.

Try the 360 Review Exercise.

First, answer a set of questions about yourself. Second, send the same questions to a few trusted family members, friends and mentors, and ask them to answer about you. Third, compare how you see yourself with how the people who love you see you.

That gap is where the insight lives. Sometimes it confirms what you hoped was true, and sometimes it surprises you. Eurich advises gut-checking surprising feedback with others rather than reacting to one opinion. Then choose one thing to change.

We offer the 360 Review Exercise as a tool in our client portal for executive coaching clients.

At Boaz Strategic, we develop leaders who build their legacy with fresh eyes.

Eurich, "What Self-Awareness Really Is (and How to Cultivate It)," Harvard Business Review, 2018

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