

# UNAPOLOGETIC with K & C

## *Week 5 – Worksheet & Life Changing Actions (LCA's)*

### Week 5, Video 2

Notes:

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Send a message to 3 key people in your life asking:

- 1) If you could describe me in 3 words what would they be?
- 2) What are my top 3 qualities?

**Capture their responses below:**

**Person 1:** .....

If you could describe me in 3 words, what would they be?

1. ....
2. ....
3. ....

What are my top 3 qualities?

1. ....
2. ....
3. ....

**Person 2:** .....

If you could describe me in 3 words, what would they be?

1. ....
2. ....
3. ....

What are my top 3 qualities?

1. ....
2. ....
3. ....

**Person 3: .....**

If you could describe me in 3 words, what would they be?

1. ....

2. ....

3. ....

What are my top 3 qualities?

1. ....

2. ....

3. ....

Video 2 Action: Share a post – you can choose written or video - What were some of the describing words & qualities these 3 people shared with you – what did you learn about yourself through doing this exercise?