

What Makes Me Unique?

When seeking high achievement in an arena or discipline, we often look outside of ourselves to find those who model greatness. A paradox then emerges: how to learn from others who model greatness, but do so in your way—without comparing ourselves to them.

It's important to remember that despite best practices, everyone's approach is slightly different based on their distinct and unique qualities, traits, attributes, knowledge, strengths, weaknesses, experiences, and many other variables that make each of us unique and distinct. Therefore, it's valuable to internalize best practices while finding one's own pathway to utilize them.

Let's start by identifying what makes you unique. Perhaps you haven't spent much time thinking about this question—but now is the time.

For the next 5 minutes answer below and see if you can identify what makes you unique.

Describe the qualities or traits that make you unique:

Describe a time where you came up with a unique solution to a problem:

If you were to ask your 3 closest family/friends to describe you in 3 words what would they be?

1. _____ 2. _____ 3. _____

Describe an unique experience that you believe only you have had?

If each of us was given a specific purpose in life, what might your purpose be?

What else makes you unique?

Five distinctive strengths that you possess:	Name five things you know to be false:	What are you most passionate about:
What is a unique challenge that you have overcome?	What are your five core values?	If you could make any unique contribution to the world, what would it be?

Describe a unique perspective you have developed through a challenging experience:	Describe a belief that you have aquired that has served your life the most:	If you were given a wish to change anything in the world, what would it be?
Describe a unique problem that you have solved:	What do you believe are some of your natural talents?	If you were given \$100,000 to give away, who would you give it to and why?
What us a unique principle you have discovered?	Under what circumstances are you at your very best?	What is greatest fear that you have overcome?

Describe an important lesson that you have learned from someone important to you:	What do you see in the world that others do not?	Describe a time when you were the most proud of yourself:
What is one thing about yourself that you would like to change?	Make a list of one or more people whose life you have influenced for good?	What was your biggest regret and how did you deal with it?
Describe a unique way you have achieved a successful outcome?	Make a short list of things that make you happy:	Who are the top 3 people you still need to reconcile with?

Now that you have taken some time to explore what makes you unique, identify ways that you have achieved success in a unique way.

1. Unique Success: _____

What I did differently:

2. Unique Success: _____

What I did differently:

3. Unique Success: _____

What I did differently:

4. Unique Success: _____

What I did differently:

5. Unique Success: _____

What I did differently:

6. Unique Success: _____

What I did differently:

7. Unique Success: _____

What I did differently:

8. Unique Success: _____

What I did differently:

9. Unique Success: _____

What I did differently:

10. Unique Success: _____

What I did differently:

“The person who follows the crowd will usually go no further than the crowd. The person who walks alone is likely to find himself in places no one has ever seen before.”

– Albert Einstein