Portfolio Question 10 –
Setting up a survey for the Reflected Best Self Exercise

(OPTIONAL) It’s easy to set up a Google doc to send to your friends, family members, co-workers, teachers, supervisors, mentors, peers, significant others, and other people who may tell you about you at your best.

(and of course some grandparents, parents, etc. are not so techno-saavy)

When you go into your Google Docs home page, just go to the top left hand corner, where it says “New”

Then click on the New, and open it up. Click on “Form.”

Create a new form and it will look like this:
Title: Looking for some quick support

Hi,

I have an important class project, where I’m supposed to gather valuable feedback from the people who know me best: my family, friends, co-workers, mentors, teachers, peers, and others. Since I consider you to be one of these key people in my life, I would greatly appreciate if you could help me out.

Would you be willing to take 10 minutes to complete the survey below? It's only 5 questions. Your answers will help me tremendously as I consider what's next for my life. (And, because it's an assignment for a university class, I have to gather this information within the next 2 days, or I will risk failing!)

But more than the grade, this feedback is really meant to help me grow as a person, and discover the best direction for me to go with my life and my career after college. Your specific answers would be invaluable to me. I’ve just chosen a few people for this survey, so your feedback is really important to me. Thanks so much!

This survey will SELF-DESTRUCT in 48 hours...tick...tock...tick...tock...

Question 1: Name of the person filling out this survey
Question 2: Talents, strengths, and gifts

From knowing and observing me, what do you think are my greatest talents and strengths? What gifts could I contribute to the world?

Question 3: Stories of when you have seen your friend at his/her best

Do you have any stories of when you saw me performing at my best? Please relate a story or two of when you have seen me at the heights of excellence, performing to my full potential. What most impressed you?

Question 4: Passions

In your opinion, what makes me most passionate and alive and engaged? What activities most put me into a state of enthusiasm and flow?

Question 5: Potential paths

What potential career and professional paths could you see me becoming great at? And why?

Note: You can add your own questions if you wish. But these five questions above will provide you a good start. When people respond, all the results will be sent to you automatically. You can get them as a summary or as a spreadsheet.