



How You Are Doing vs. How You *Think* You Are Doing (see pages 88-90)

Though this exercise, you will have the opportunity to gather feedback from family members in a “360-degree” style review.

As in the corporate world, this exercise allows you to seek input from your parents and spouse (upper management), your peers (siblings), and your subordinates (children). Have fun with the process—seek the feedback openly with a willingness to understand and make needed improvements.

We have provided a sample questionnaire (for a dad) on the following page, but we encourage you to develop your own questionnaires or tools. (This could be as simple as informal conversations or a 20-page survey in SurveyMonkey. It’s your call...)

You might use the “Start, Stop, and Continue” framework as a foundation.

For example: As a (son, husband, father) what do you think/feel I should:

Start Doing

Stop Doing

Continue Doing

As the feedback comes in, what areas do you feel are your strengths?

What areas do you feel need improvement, and how will you improve?



Tools for Defining and Measuring Success in Life

360-Degree Feedback Form

[Explain to your family members that this form is meant for them to take a few minutes to share with you ways that you can improve in your efforts to be a better son, husband, brother, father. Assure them that you really want their honest feedback and will still love them no matter what they say...]

(SAMPLE FOR A FATHER TO A CHILD)

As your dad, what do you think or feel I should:

Start Doing

Stop Doing

Continue Doing

Additional Questions:

- 1) When I am impatient or frustrated about something, how do you think I can better handle it?
- 2) In what ways can I better show my love and support of you?
- 3) Is there anything else you think I should know to become a better dad?