



3A's

Directions: Pick 3 different people in the group to do the following:

Appreciation: Ask one person to tell you something that you did (or are doing) well or another strength

Assessment: Ask one person to honestly evaluate your progress right now

Advice: Ask one Person to give you direct advice. For example: "If I were you I would_____"

****Keep in mind:***

- *When asking:* Be careful who you choose – Don't pick someone who you think may upset you.
- *When answering:* Be open and honest but also be respectful and avoid insults

When complete and everyone has a turn discuss/process;

How did it feel to receive? -

- Appreciation
- Assessment
- Advice

How did it feel to give? -

- Appreciation
- Assessment
- Advice

What is one constructive thing that you can you walk away from this exercise with?