

Why Does This Matter?

This is a start in helping to understand yourself better. These are three questions you can ask people to begin to [increase your self-knowledge](#). By doing so you can be more successful, you can be [more fulfilled](#), you can know your unique advantage.

With just the first question alone you could see a radical change in the way you approach your life and the way you approach everything you do in your life because it will help you identify your unique abilities, your unique advantage.

Mastering a Skill

The way you go about doing this fully is you want to identify seven different people of varying distances to you. It might be a classmate, your family member, brother or sister, girlfriend, boyfriend, friend of a friend, maybe someone you don't know that well. **Seven different people.** I challenge you to do this exercise by the way, and you'll see the power of it.

For receiving a Wednesday Wolf prize, you only need to ask one person these questions and e-mail your counselor something you learned about yourself through this process to win a candy prize to be delivered to your doorstep! The process is important, so don't rush through this if you want to really become more self-aware.

Question number one is:

[What is something that I do better than most people?](#)

Why is this important? By getting the answer to this question you're going to be able to begin to identify your **unique ability**, your unique genius, and your talent. Something that you do better than most people means you're above average in this area and most likely you're either not aware of it, or if you are not appreciating the power you have with that ability.

If you were to just double down and invest even more into [mastering that skill](#), you would become unstoppable at that one thing and all it takes in life is being really good at one thing to get everything that you want. That's the path to mastery. That's the path to what [Alan Watts](#) talks about when he said, "**What would you do if money were no object?**" You have to identify that unique ability. People constantly are asking me or telling me things like, "I don't know what I'm into. I don't know what my passion is. I don't know what I'm even good at." This question is going to help you get there. That's question number one.

Good/Bad Habits

Question number two:

[What is a habit that I may not be aware of?](#)

This is a fun one. Do you ever notice that somebody is doing something and you really want to tell them and you wonder to yourself, “*Are they even aware of this?*” Generally this happens with things that are annoying and that we don’t like about somebody and we wish we could tell them. If we were to tell that person what to do, it almost never matters to them. It almost never clicks. They almost never make a change.

We ourselves have to want to make a change, right? First step is admitting there’s a problem. Even more so the first step is identifying the problem. We need to identify that problem by asking people around us, “*What is a habit I may not be aware of?*” And you’re probably aware of it and you’re going to hear it. Such as you biting your nails or you’re always late or you talk over people or whatever it may be. It doesn’t have to be negative. It might be a positive thing. It might be a positive habit, but by being aware of it we can either decide, this is useful or I’m going to [get rid of this habit](#). And that’s a beautiful thing to begin to increase your self-knowledge.

Personal Brand

Finally, question number three that you need to ask at least three people, if not seven people on this challenge, and I challenge you to do this. Question number three is:

How would you describe me to a friend of yours?

This is actually a really fun one because we don’t generally have conversations like this with people, at least most people don’t. You’re going to hear some things about yourself that I think you’re really going to appreciate and like. That person is going to open up to you and tell you things about yourself that will be great to hear. You’ll begin to identify more of the things that make you special and unique and begin to really understand how you’re branded.

As an individual it gives you insight into who you really are. That is all. Those are the three questions. Make sure you do this challenge and let me know how it goes because I guarantee you if you just ask these questions and you open yourself up to people, and you allow yourself to receive this information, you will be opening a door that is absolutely awesome into increasing your self-knowledge. This is the “Why” behind self-discovery.