



## GIVE | days 15 - 21

### *Interview Activity: Take a walk inside your story*

**ACTIVITY OVERVIEW.** The truth is – you are already giving away your love all over the place. The problem is – you may not even know it. Because it's hard to see our own unique gifts and talents – our "loves". These "loves" are our strengths – and they are a part of us whether you are conscious of them or not. And because they're so woven into the fabric of who we are, they can actually be quite difficult to understand, own, or powerfully articulate. These "loves" come so naturally to us that we don't see them as unique, powerful contributions to the world. But weirdly ... others do. Time to talk to them and discover more of what you LOVE.

**INTERVIEW PREP.** You will need about 20 minutes to prepare for the interview. Please complete this page before you begin your interview.

1. Choose one person to interview this week. This person should be one or more of the following:
  - A trusted current or former colleague
  - A person that lifts you or sees the best in you
  - A person in your personal life that has impacted you in a special way
  - A person who has strengths that you value
  - A person who cares about your personal or professional development
  - A person you know will be authentic, open and honest in their answers
2. Schedule a 30-minute interview either by phone, video, or face-to-face
3. Complete the interview pre-work below.

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NAME OF INTERVIEWEE:

Why I chose this person:

What I value in this person:

The specific strengths I turn  
to this person for:

How this person, and/or their  
strengths, impact my life:

NAME OF THE INTERVIEWER:

You will have a chance to share  
what you've discovered about  
yourself and what you love in  
the last two weeks.

Choose two LOVES from your  
Explore Map or Red Threads  
worksheet - capture them here.



## Partner Interview

**INTERVIEW SCRIPT:** Thank you so much for taking the time for this interview. I am participating in Marcus Buckingham's 21 Days to LOVE+WORK which has been designed to kick-start a lifelong journey of bringing more of what I love – my unique strengths – to the work that I do. I've been doing a lot of self-discovery the past couple of weeks. This week I am learning how to own, articulate, and powerfully step into my unique strengths and talents. This interview will help expand the understanding of my gifts, through the lens of the those that may have experienced them, and will inspire me to give them away more freely and intentionally.

The key to mastering LOVE+WORK is to not only see the strengths in ourselves – which you will help me to do today – but to be keenly aware and acknowledge the strengths in others. I believe this interview will be mutually beneficial as I've specifically chosen you and I'm excited to share why.

Before I do, I'd like to make a request. Because this is about my personal and professional growth and development, I value your honesty and invite you to be authentic and descriptive in your answers. No need to tell me what you think I may want to hear – and specificity and examples are always helpful when possible. Remember the goal is for me to step into my strengths more powerfully. Thank you for helping me to do this.

I chose you for this interview because ... [share info from interview prep including what you value in this person, their specific strengths and how they impact you].

As you can see, I appreciate how you show up in my life. I now want to ask you a few questions about how I show up in yours.

### INTERVIEW QUESTIONS:

1. What would you say is something I can do better than say, 10,000 others?
2. Have you witnessed me doing this? Can you describe?
3. What do you turn to me for? What do you typically come to me for?
4. What do you NOT come to me for? (Be honest)
5. When you see me at my best - what does it look like? What does it feel like? What is the impact on others?
6. What would you like to see me do more of?
7. This week I explored the things I love to do. The specific activities that bring me joy and give me energy. The two things that surfaced for me were that I love to \_\_\_\_\_, and I love to \_\_\_\_\_. I feel like this means I might have a strength for: \_\_\_\_\_. [Refer to interview prep.]
  - a. Have you seen these show up in me? If so, when, how?
  - b. From your perspective, how can I bring more of that to the world?

**INTERVIEW CLOSE:** At the start of our interview, I shared the impact you and your strengths have on me. How did my sharing that impact you? Does it speak at all to what you love? If so, how might you give more of that away to others?

Thank you so much for taking the time and for helping me in my journey to discover how I can bring more of what is unique and powerful about me – to the world..