

The People Who Know You

Look at who really knows you, and what they know that others do not.

WHEN TO USE THIS

Use this when you feel unseen, or when you are not sure who you can be yourself around.

Who knows you? Not who you see the most.

WHO	WHAT THEY KNOW	LAST REAL TALK

Who on that list have you drifted from?

What would you want one of them to know about how you are doing now?

What is one small way to reach one of them this week?

Being known takes time and a bit of risk. One message is a fair start.