



#iseeyouiloveyou StandOut + Relationships

ALONE:

1. Each of you will complete the StandOut Assessment (www.marcusbuckingham.com) and print your full report.
2. On your report, highlight or circle words and phrases that you know to be true about YOU. Make note of anything that doesn't feel quite right to you - those things will be important to discuss with your partner as StandOut measures how you come across to others! You may be surprised by their thoughts and examples!

TOGETHER:

1. Find a relaxing setting to be together. Have fun and choose who goes first.
2. Share a copy of your report with your partner. Have an open dialogue, paying close attention to the areas you've marked. Be sure to share real-world examples of how those things show up for you, or how you've seen it show up in your partner. The more specific the better. Take note of any new discoveries! Switch and focus on your partner.

NEXT:

Take all you've learned about yourself and your partner and write your (love) Notes. The best, most beautiful part of this process is sharing your completed notes with each other. Cherish them.



#iseeyouiloveyou
(Love) note
to self

i am...

i love...

i need...

Step powerfully
into your unique
genius. Define it,
own it, and share
it.

It's your greatest
gift.

- marcus buckingham



#iseeyouiloveyou
(Love) note
to my partner

i love it when you...

i turn to you for...

Your life is
precious.

Share it with
someone who
instinctively sees
the best, fullest &
most beautiful
version of you.

Your relationships
should lift you up
& make you bigger.

- marcus buckingham