

EXERCISE 6

Have something to write on.

TRACE YOUR HAND

Trace your hand on a piece of paper. Then, in place of fingers, write 5 of your strengths of your communication, what you like about yourself, what you are proud of. Then take the second hand of your friend or colleague next to you at work and write down the strengths of the person whose "hand" you have. At the end of the exercise, the palm records completed in this way can be hung in a visible place, in a room or office, so that you can always look at your strengths.

