

the **FREAK** FACTOR

twenty questions **TO HELP YOU FIND YOUR FREAK FACTOR**

1. What do others **CONSISTENTLY PRAISE ME** for? _____
2. What do others **CONSISTENTLY CRITICIZE ME** for? _____
3. What do **I WISH I COULD CHANGE** about myself? _____
4. How can **I FLAUNT MY WEAKNESSES**? How can I do more of what people tell me not to do?

5. How can **I DO THE OPPOSITE** of what everyone else is doing? _____
6. How can **I BUILD ON MY STRENGTHS**? _____
7. How can I **STICK OUT** instead of trying to fit in? _____
8. What is the **BIGGEST SUCCESS** that I've ever had? _____
9. What was the **HAPPIEST DAY** of my life? What was I doing? Who was I with? _____
10. What was my **FAVORITE CLASS** in school? Which part did I like best? _____
11. What activities **ENERGIZE** me? When do I lose track of time? _____
12. What was my **FAVORITE JOB**? What did I like about it? _____
13. What situations **SPOTLIGHT MY STRENGTHS** and make my weaknesses irrelevant? _____
14. What was my **WORST JOB**? What did I hate about it? _____
15. What is the **BIGGEST FAILURE** that I've ever experienced? _____
16. What was my **LEAST FAVORITE CLASS** in school? Which part did I dislike the most? _____
17. Which tasks do I tend to **PROCRASTINATE**? _____
18. What activities **DRAIN MY ENERGY**? _____
19. How can I **STOP DOING** activities that drain me and replace them with those that energize me?

20. Who can I work with that is **STRONG WHERE I AM WEAK**? _____



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