

Here's the email template

Hi [NAME],

I'm attending a training program that's helping me figure out my own unique abilities and the person who is directing the training encouraged us to ask a close friend to provide some feedback on what you believe I'm skilled at and not skilled at. Here's the questions:

- 1. What are my strengths? What can you count on me for?** (Please state 3-4 things)
- 2. What are my weaknesses? What can you not count on me for?** (Please state 3-4 things)
- 3. What is my unique ability? What am i the best at in the world?**

Thanks!