Continue and State and Sta	Traits	What you need to motivate yourself?	What demotivates you	Natural strengths	Vulnerabilities
### ### ### #### #####################	Prioritizes - "vertical" mindset; Needs to process (think things through); Focuses on constant improvement ("5%"); Solo problem solver; Always checking & comparing; Constant doubt & scepticism; Best when prepared.	Purpose; Numbers (metrics); Proof, data, facts; Criticism → need to prove/improve; Mastering a "weakness"; Being the "best"; Accountability; Feedback; Comparisons; Sharing your expertise	Lack of mental stimulation; Lack of respect & fairness; Lack of accountability; Being micro-managed; Lack of feedback (vacuums); Inconsistencies; Superficiality.	Brings perspective/ context to things; Taking ownership of things; Resolving problems; Root-cause analysis; Getting things organize; Strategizing; Perseverance; Managing.	Criticism & blame – see the 5% not the 95%; Micro-management; Authoritarian; Solving other's problems (trespassing); Holding grudges (playing "old tapes"); Analysis paralysis Scepticism blocks genuine trust.
How other (really) perceive you at times	Self doubt – the voices in your head	Causes of stress	Key strategies (to leverage strengths, mitigate vulnerabilities and operate at your best)?	Your 'genius' – white belt level & black belt level? BE IN AWE!!	Stories
Classy; Professional; Expert; "Control freak"; Never good enough; Superior;	Am I good enough? Will I ever be truly happy? "Shoulds"; Constant comparisons (focused on the 5%).	Overthinking; 5% versus 95%; Bullseye versus 80%; Comparisons; Lack of perspective.	Make a list; Write it down (journal); Find 'best-in-class'; Find a higher purpose; Perspective; Don't hide behind emails.	WB: asking questions (they just flow); BB: Finding common ground.	Learning → Proving → Mastering → Teaching → Mentoring

What shows up when you do?

- (If in-stride and positive): Standards, authority, expertise
- ⊗ (If out-of-stride and negative): Suppression (blame & criticism)



