

	Traits	What you need to motivate yourself?	What demotivates you	Natural strengths	Vulnerabilities
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)