

Thrive 101 | Self-Preservation

This exercise is all about finding out what is behind your own wall of self-preservation. Self-introspection is required for us to face our true selves. The parts of ourselves that we aren't proud of exist because of the answers to the three questions below. Take a moment to answer these questions and you will feel the relief that comes with facing internal challenges. Remember, we all have walls of self-preservation. Our hope is that these walls are not so impenetrable that we cannot be in authentic relationships with the people we lead.

1 | What am I afraid of losing?

2 | What am I trying to hide?

3 | What am I trying to prove? To whom?

- 1. What am I afraid of losing?
- 2. What am I trying to hide?
- 3. What am I trying to prove? To whom?

