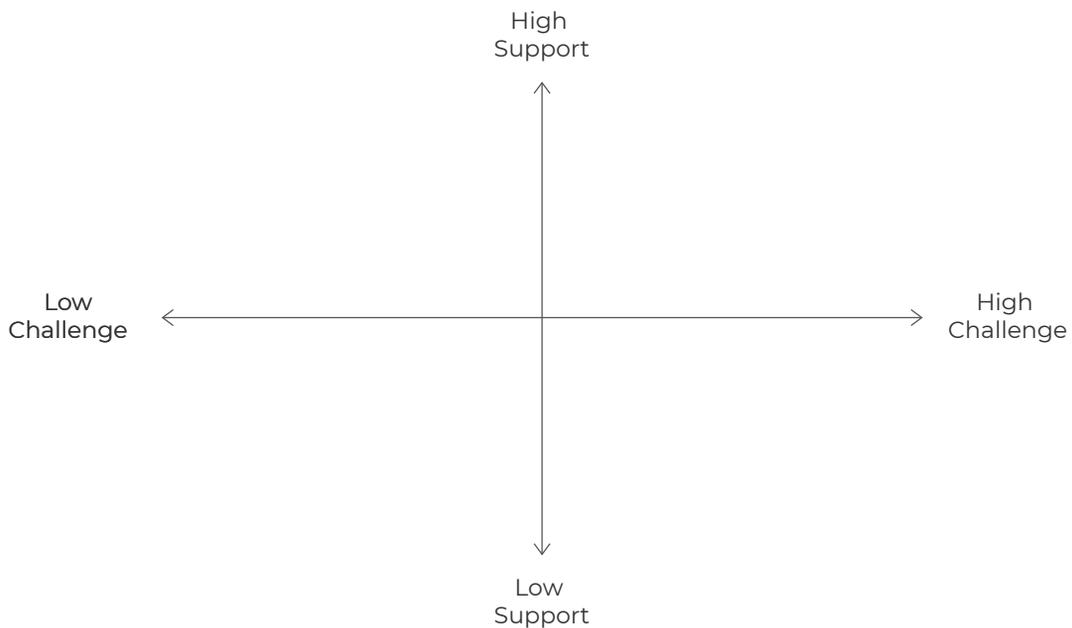


Thrive 101 | Support/Challenge

Leaders define culture. And you are a leader, even if you are only leading yourself. We want you to understand that you are a leader and are responsible for the culture you create around yourself. This is where the Support / Challenge Matrix comes in.

- 1 | Present this tool to someone who knows you very well.
- 2 | Ask them to plot you on the matrix based on two questions:
 - Use a star to plot me as I am at my best.
 - Use a bullet point to plot me as I am I at my worst.



This is your learning opportunity. Focus on bringing your worst back towards your best.

- 3 | Next, ask them: What is something simple I could do to move towards my best more often?
