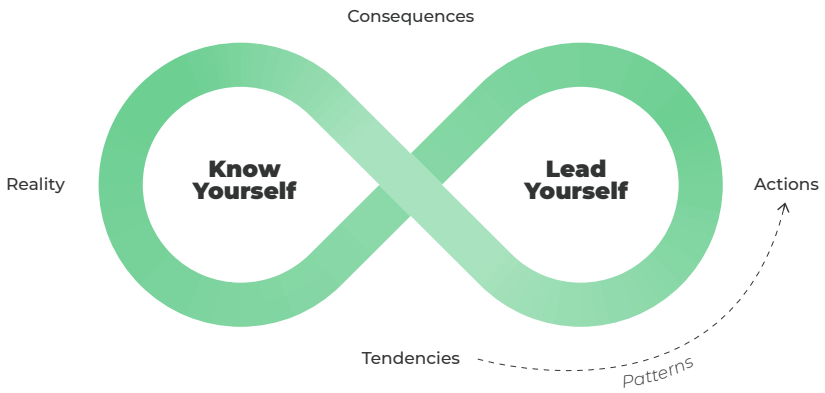
Thrive 101 | Know Yourself to Lead Yourself

What is it like to be on the other side of you? This exercise provides a first glimpse into understanding where our actions originate. We all know that our actions have consequences, but what drives our actions? Use this tool to self-discover some drivers of behavior and tendencies that might be keeping you from success.



1 | What is a reality you want to change?

2 | What tendencies lead to actions that create the negative consequences that created this reality for you?

3 | What patterns of behavior have created this reality?

4 | What could you do differently to change your patterns of behavior and create a more positive future reality?

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