**COURAGE**

**RISK**

Identify the fears that hold you back?

Not to have anybody to support me when I cannot take care of myself anymore.

Loose my job , fall badly sick and not to be able to take care of myself anymore.

Sickness. Loneliness.

What risks to you perceive?

Choose one of your 'fears' and work through the questions

The risks involved in acting

Get out of my comfort and try to find someone else who knows how to support me.

The risks involved in avoiding What is within your control?

Being alone and not to meet new people

Is it not fully on my control

What is outside of your control?

Finding the right person

How you can mitigate some risk?

Do not give more than I was given

**FIXED MINDSET GROWTH MINDSET**

Intelligence is static

Leads to a desire to look

smart and therefore a

tendency to...

...get defensive or

give up easily

...see effort as

fruitless or worse

...ignore useful

negative feedback

...feel threatened by the

success of others

...avoid challenges

...embrace challenges

Leads to a desire to

learn and therefore

a tendency to...

...persist in the

face of setbacks

...see effort as the

path to mastery

...learn from criticism

...find lessons and inspiration

in the success of others

**CHALLENGES**

**OBSTACLES**

**EFFORT**

**CRITICISM**

**SUCCESS OF**

**OTHERS**

**AS A RESULT, THEY MAY**

**PLATEAU EARLY AND**

**ACHIEVE LESS THAN THEIR FULL POTENTIONAL.**

Intelligence can be developed

**AS A RESULT, THEY REACH EVER-HIGHER LEVELS OF ACHIEVEMENT.**

**DR CAROL DWECK, MINDSET, 2006**

Identify a situation where you coped better than you would have imagined with a challenge or a situation:

My father’s sickness and death + sister in law sickness and death + sisters divorce + debt all the same year

Concentrate in solutions and not the problems.

Describe the situation:

My father died. I lost my graduate job. I have a loan to pay I have to grieve. I had mental health issues. Instead choosing to lose and looked for another job and I move out of my house. I started earning money and I got a boyfriend supporting me.

The context in which it occured:

Job, family.

The qualities I was able to access were:

I learnt to survive by myself. To accept I didn’t have my father anymore to backup me.

I understood I was alone on my path, but fortunately surrounded by people who also have others needs

I learnt the importance of giving and receiving. No one can survive alone, is a strong community which makes the healthy and happy grow.

How I access those qualities is:

How they are of value to me and what they enable me to do to is:

Quality: I can adapt easy to changes. I am prepared to change quite quickly. I am not afraid of change and explore.

I draw strength and energy from:

The vision I have got about life.

I am honest.

Faced with adversity my superpowers are:

Failure, knock-backs in the past have taught me this about myself:

Not to understand who I was completely and not to understand my limitations was my worst enemy.

I must create connection with my networks, resources and emotions in the following ways to restore energy:

# BOLD ACTION

Reflect on the vision, goals and direction you are wanting to move towards. Knowing you can now be confident in your abilities and beliefs to get you there. Considering the ways you have learned to be more connected and challenge risk and fears, let’s consider some tangible changes. Some exciting, powerful, positive moves out of your comfort zone.

Stop

Start

Continue

The first step towards each of these is:

Think

Feel

Do

The biggest change I can make is to:

Think

Feel

Do

If I had no fear I would:

Find the support and connections

Proud of myself

Make a huge impact in society

Work on my confidence and competence.

Loved by myself first and others so I do not feel alone

Accepting my conditions, myself.

Work hard to reduce those limitations

Accepting my limitations

Hidding who I am

**Reflection & insights to treasure forever**

