

6 ELAN/PURPOSE

L E A R N I N G F R O N T I E R

5 LEAN IN!

Endeavors, projects, tasks, open issues, relationship challenges that I have discomfort with and avoid, but could do a Power Hour on

– Incremental Ineptitude

– Skill Edges

– Untapped Capacity

THE WAVE



PRACTICES THAT CLOSE MY EXIT DOORS
(Power Hour, VEDEC, Mind-Maps)

4 EGO THREATS
(My UTM Wall, DDIs,...)



I Unconscious Time Management
By default, I prioritize (overdo) a C+ over C-, drawn to an Ego Candy and avoiding an Ego Threat. My compass is not what is the most important.

1

II. Mattress
I hold on to certain unhelpful behaviors & beliefs about myself that become pre-made explanations for setbacks. It limits my learning.

2a MATTRESS

2b CAMOUFLAGE

III. Diversion

A mental "obsession" that funnels our discomfort into a seemingly more important, but in fact more comfortable, problem.

3

Repetitive Avoidance

How I explain it away

I change the focus

COMFORT C+ ZONE

MISERABLE COMFORT