SELF-PRESERVATION

Exercise 1: Do you have any immediate thoughts/reflections on this tool?”
• What connected with you? Can you think of time or a story from your own life that illustrates this tool?”

Exercise 2: What stops you from building strong Relationships? For most of us, it’s Self-Preservation. Take time to honestly answer the 3 Self-Preservations questions below:

1. What are you afraid of losing?:

2. What are you trying to hide?:

3. What are you trying to prove? And to whom?:
ADDITIONAL NOTES ON MAXIMIZING INFLUENCE:
Use the space below to record any additional notes, thoughts, questions or insights.

Right now in your leadership, which of these three questions is the most relevant?

What does it look like when a leader is trying to hide or prove something or is afraid of losing something?

Where is self-preservation affecting your behavior right now?
LEARNING OBJECTIVES
1. DESCRIBE THE SELF-PRESERVATION TOOL
2. COMPARE AND CONTRAST PERSONAL AND PROFESSIONAL EXPERIENCES WHERE AREA(S) OF SELF-PRESERVATION EXIST
3. SELECT ONE QUESTION FOR PERSONAL AND/OR PROFESSIONAL APPLICATION
4. DEVELOP A TANGIBLE NEXT STEP FOR IMPLEMENTATION

1. What are you afraid of losing?
2. What are you trying to hide?
3. What are you trying to prove? To whom?

Who says you can’t?

INHIBITION vs. PROHIBITION
Limiting Beliefs Enforced Restrictions

NEVER GO ALONE
Do you struggle with fear?

“Self-Preservation is the overprotection of what you are afraid of losing.”

Do you believe we are more than conquerors?

Nothing to Lose
Nothing to Hide
Nothing to Prove

Secure
Confident
Humble

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1. What are you afraid of losing?
2. What are you trying to hide?
3. What are you trying to prove? To whom?