



LETTING GO OF SELF-PRESERVATION:  
**3 ESSENTIAL QUESTIONS**

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# 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**

*Limiting Beliefs*

vs.



**PROHIBITION**

*Enforced  
Restrictions*



28,500' / 8690m

25,790' / 7861m

Lhotse

C4-South Col 27,940' / 8516m

26,300'

8000m

C3

23,500'

7162m

C2

21,000'

6400m

C1

19,500'

5943m

North Col  
28,000'  
8530m

Lhotse  
Face

Westerm  
Cwm

Khumbu  
Icefall

Base Camp  
17,500'

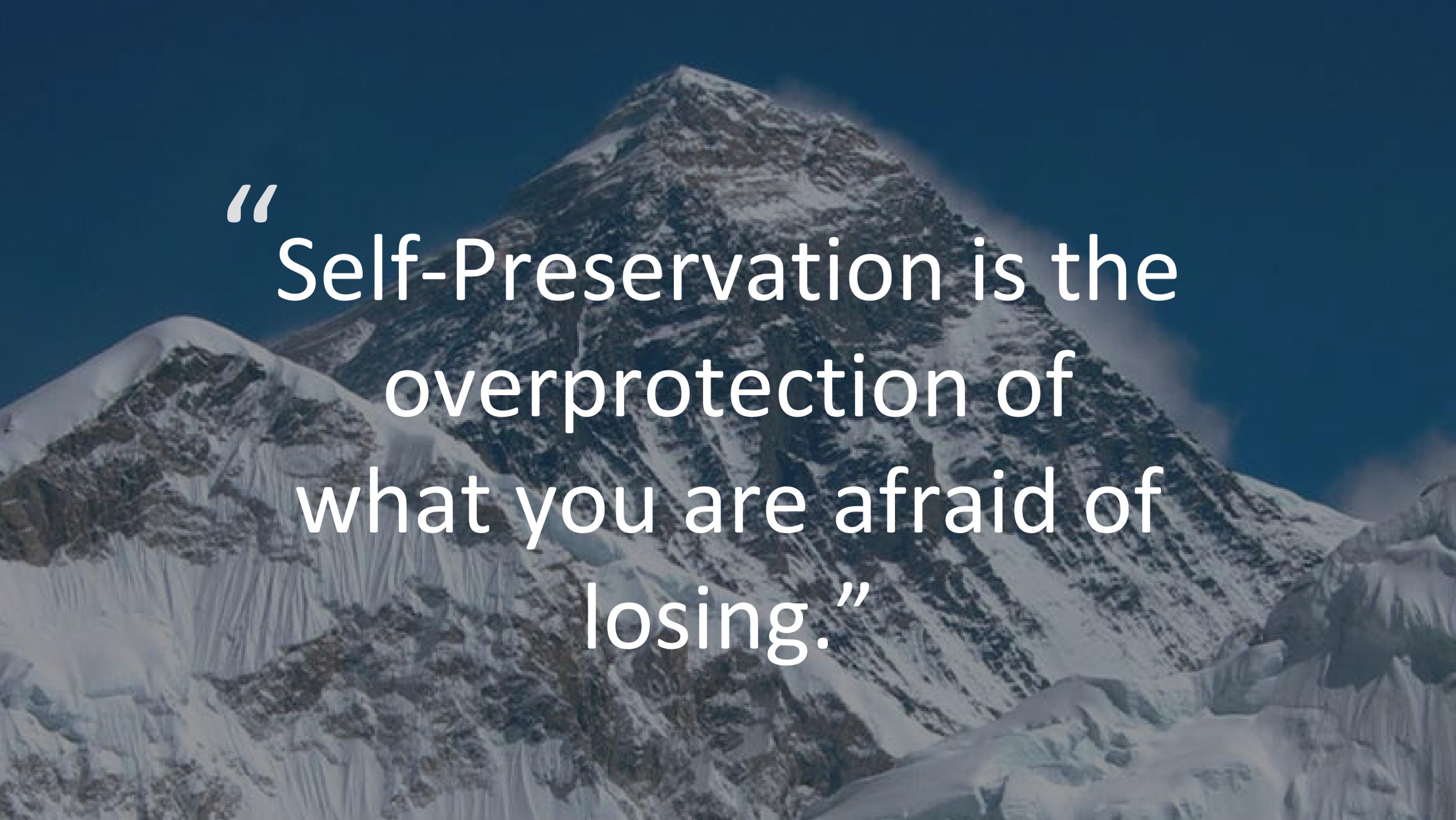
NEVER GO ALONE



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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- 2. What are you trying to hide?**
- 3. What are you trying to prove? To whom?**



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