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 vs. PROHIBITION

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