



Worksheet 4

MOVING AWAY FROM THE COMPETITION MODEL THE SIX DISEASES

These questions are designed to help you get real with yourself and consider where you might be covering up fears about not being enough. Your answers do not mean you are in any way “less than” but rather to help you to move away from unconscious tactics that might be stopping you from fully loving and accepting yourself as you are and blocking your innate desire to connect, collaborate and co-create.

*Where in your life or your thinking do you desire victory, where you desire to be the winner?
Where do you fear losing or failing?*

*Do you want people to think you're clever?
What tactics do you use to make sure people think of you as smart, intelligent or wise?*

*How do you try to impress people?
Why is that important to you? What hole on your sense of self are you trying to fill in this way?
How and when do you show off?*

*Do you want to be feared?
To what lengths do you go to make people think of you as powerful?
Why is that important to you?*

*Do you want people to think you're easy going, easy to like and get along with?
Is it important to you to be liked?
Why might people not like you?
Why is that important to you?*

*How do you pretend to be ok without actually doing anything to be better?
How much time do you commit to the performance of personal growth and personal excellence
actually without practicing anything?*