



Module 2 – Success Principles

1. Responsibility for Change – Safe vs Risky Problems

Your trading bank cannot grow unless you do. If you keep focusing on low quality problems, you won't grow.

Clutter	
Busy-ness	
Playing the victim, the martyr or the rescuer	
Blaming others, or past events, or something else	
Blaming	
Justifying why something can't change or why we can't be different	
Defensiveness of our opinions	

Making excuses and waiting for someone else to change	
Waiting for someone else to apologize to them	
Addiction to television	
Addiction to unfitness	
Addiction to drama	
Addiction to failure	
Addiction to defensiveness	
Addiction to bad relationships	
Addiction to being put down	
Addiction to being a victim	
Addiction to finding jobs that completely undermine our strengths	
Chaos	
uncontrollable emotions	
Self-obsession: what's wrong with me, why me, I don't know how I feel about that, me me me is a safe problem	
Making excuses, why we are playing small, justifying why we are playing small	
Becoming defensive about anyone challenging us about playing small	
Ignoring anybody who is playing a big game or putting them down	

Self-pity	
Hiding our strengths, judging others	
Lack of fitness or personal care,	
Acting as if the external world has nothing to do with us.	
Lack of trust in self and others	

List 3 of the main safe problems that you currently focus on that keep you stuck:

1. _____
2. _____
3. _____

Risky Problems:

Taking responsibility	
Being kind to ourselves	
Taking care of health / fitness	
Embracing uncertainty and discomfort	
Seeking challenges in a resourceful way	
High level of self-awareness	
Using judgment for self-reflection	
Open to feedback without need to justify	

Embracing making mistakes	
Risking not succeeding	
Sticking to commitments	
Owning our gaps	
Keeping promises	
Finding out what we are made of	
Saying yes to life and figure out how	
Okay for others disapprove of us	
Finding out what we are made of	
Shining when others won't or can't	
Lifelong learning and growing	

Which 3 risky problems could you focus on instead?

1. _____
2. _____
3. _____

What would happen if you were to begin living some of the risky problems?