

Handle The Horrible



A Discussion Guide on Adaptability in Conflict, Curiosity, and Change

Curiosity & Trying

Think about your goals and dreams. What happens if you discover that your goal or dream is not working the way you thought it would?

Have you ever stayed stagnant or complacent because you felt as if your goal or dream was fulfilled?

When did you notice you became “too” comfortable? How did you break out of it?

Do you hold yourself accountable for meeting your goals?

How do you stay positive if you aren’t keeping yourself on track?

How do you continue to grow and learn if you have accomplished these goals and dreams?

What does growth and learning look like to you? What do you do to ensure you keep learning?

Conflict

“Conflict produces pain”. How do you protect yourself when conflict arises?

How does empathy show up in uncomfortable conversations you have with others?

How do you rely on your voice to stand up for your belief/brand while also listening to others and their perspective?

Have there been moments when you have chosen to refrain from conflict?

In what ways were you able to solve the conflict within yourself? How do you handle conflict outside of yourself?

Preparedness vs Uncertainty

What is the importance of planning for you? It can be for personal goals, business protocols, or whatever comes to mind.

When unexpected events arise, what is your first instinct?

If your instinctual effort was not enough, did/do you have a back up plan for most situations? Or do you allow yourself to sit in the irresolution until you are able to develop another plan?

If there is no clear solution in sight, do you return to what you know from previous experiences or step out on unconventional practices?

In routine versus unusual practices, do you find yourself having to lean towards one over the other?

When you are too close to a problem, how do you step away and view it in a different lens?

Do you turn to your past experiences and connections for guidance and support? How do you incorporate them in your life?

Success & Failure

In life, we will experience success and failure. They are both valuable components to help us grow and learn. How do you stay resilient when experiencing failure?

Do you ever analyze failure?

Do you actively look for motivation or understanding through your failure or the failure of others?

What does success mean to you?

What are some things you currently do that contribute to your productivity and happiness?

One's Self

Do you practice self-care?

How do you stay true to your authentic self in the midst of turmoil?

Does self-care take a back seat in your day-to-day life?

What attempt do you make to ensure you are showing up for yourself, even if it is only for a few minutes out of the day?

How do you express your wants and needs?

How do you advocate for yourself?

What steps do you take to battle self-imposed negativity?

How do you continuously develop your sense of self in order to empower your voice and brand?