



Thriving in Uncertain Times



Ups and Downs

It's MY time, it's MY journey

I am everything
I need to begin

The valley is MY gift

I am always in
transition

MY peak is waiting

- Understand how to accept the reality of life...Ups and Downs
- Never let it settle to a flat line
- Live by design, not default

I own up to a truth

MY fear holds me down

I Say "yes"

The path out starts
by going in

MY triumph is a peak

Ups n' Downs

Success

Strategies

Busting the Self-Limiting Fear

- a) Name the Fear:
- b) Inherited or Earned?
- c) The Fear's power over me:

1	2	3	4	5	6	7
none						owns me
- d) Has the fear become an excuse for inaction? Yes No
- e) Fear Busting Strategy:

Do I want to conquer this fear?

Keeping the "Up"

- a) Name the "Up":
- b) Choices that set-up my next "Down":
- c) "Up"-keeping Strategy:

Am I sufficient to keep the "Up"?