

# CORE QUADRANT

core qualities, pitfalls, challenges and allergies

TOO MUCH OF A GOOD THING

## CORE QUALITY

1. What I don't find so special
2. What others appreciate about me
3. What I will encourage in others

## PITFALL

1. What I will justify myself
2. What others hate
3. What I can forgive others for

## ALLERGY

1. What I would really hate about myself
2. What others say I should put into perspective
3. What gives me a 'rash'

## CHALLENGE

1. What I miss about myself
2. What others hope I will do
3. What I can appreciate in others

POSITIVE OPPOSITE

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TOO MUCH OF A GOOD THING

Legend | 1. What I think of myself | 2. What others say/think about me | 3. What I think about others

