



Change Academy Lab Notes

TOPIC: Strengths or Weaknesses?

EPISODE #29

NOTES/TAKEAWAYS:

EXPERIMENT:

Step 1: Identify an area where you feel like you lack skill, talent, or affinity.

Step 2: Would strengthening this weakness move you closer to your goals or your ideal self? What's the minimum level of competence/comfort/mastery you would need to achieve and what would it take to achieve that?

Step 3: What would it cost to address the weakness? What could you put into place to compensate for your lack of ability in this area?

OBSERVATIONS:

FURTHER EXPERIMENTS:
