

## SERIES: HOW NOT TO BE YOUR OWN WORST ENEMY

Episode 1: "Pay Attention to the Tension"

Have you ever been your own worst enemy? Most of us have. Avoiding that scenario begins when we first pay attention to our own red flags.

	QUESTIONS	NOTES
01 >>>>	When are you most prone to sell yourself on a bad idea?	
02	Have you ever been your own worst enemy? If yes, what can you see now that you couldn't see then?	
03	How do you navigate a dilemma in which circumstances seem to suggest one direction, but your conscience points in a different direction?	
04	Is there anyone in your life who will tell you when they sense something isn't right about a decision you're considering? If no, who can you give permission to do so? If yes, how do you usually respond to their feedback?	

## **BOTTOM LINE**

Explore, rather than ignore, your conscience.

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