

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

Episode 3: "Listen"

You want what you want. But what happens when doing what you want leads precisely where you didn't want to be?

## QUESTIONS

- 01 What is one topic for which you feel confident giving advice?
- Do you prefer to make
  decisions alone or with the support of others? Explain.
- 03

Which of the following thoughts, if any, make it difficult to ask for advice?

- You already know what they're going to say.
- It's nobody's business.
- You don't need anybody's advice.

 Are you ignoring someone's
 advice? Is it worth ignoring or have you created a narrative that allows you to reject it?

## **BOTTOM LINE**

Avoid regret by paying attention to the voices of wisdom around you.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.

## NOTES