



Review
THRIVE OR SURVIVE INCIDENT

A thrive or survive incident is an external event that increases your awareness and deepens your understanding of how beliefs, past stories and thoughts optimize or hijack your best self.

Have you noticed that some external events inspire your Personal Best—when you are at the top of your game—and other external events create a Personal Best Hijacking—when you are distracted from contributing your best self. This activity will help you recognize that it is not the external event, but how you CHOOSE to self manage your response to the event.

Date _____ **Location** _____

Thrive Incident _____ **Survive Incident** _____

The situation What was going on? What led up to the event?

The characters Who was involved?

Your behavior What did you say or do (capture as much dialogue/words)?

The outcome So, what happened?

This experience Was it a Personal Best and Thrive Experience?

What is the best part of this experience that you want to amplify?

This experience Was it a Personal Best Hijacking and Survive Experience?

What is the attitude, belief or default response that you want to minimize?