

# THE HUMAN CONDITION

IT'S NOT ABOUT BEING PERFECT. IT'S ABOUT LEARNING TO MANAGE OURSELVES, SO WE CAN **LIVE WELL, LEAD WELL** AND DELIVER **EXTRAORDINARY RESULTS**.

## THE HUMAN CONDITION CHALLENGES



### OVERTHINKING

Our minds worry about the past, analyze the future and create stress.



### EMOTIONAL UPS AND DOWNS

We feel deeply, and our emotions can overwhelm and drain us.



### STRESS AND PRESSURE

Deadlines, expectations and uncertainty test our resilience and patience.



### POOR DECISIONS

In the heat of the moment, we say or do things we later regret.



### RELATIONSHIP STRUGGLES

Misunderstandings, conflicts and pride damage trust and connection.



### LACK OF SELF-DISCIPLINE

Distractions, bad habits and comfort keep us from our potential.



### SELF-DOUBT AND COMPARISON

We question our worth and compare ourselves to others.



We can't always control what happens to us, but we can learn how we **think**, how we **respond** and **who we choose to be**.



### SELF-AWARENESS

The ability to understand ourselves is the foundation of growth.



### EMOTIONAL INTELLIGENCE

We can learn to regulate our emotions and respond with intention.



### RESILIENCE AND STRENGTH

Every challenge we face can build courage and inner resilience.



### WISDOM AND DISCERNMENT

We can make better choices and learn from every experience.



### CONNECTION AND LOVE

We're built for relationships, belonging and uplifting one another.



### DISCIPLINE AND PURPOSE

Small daily choices create habits that lead to big results.



### GROWTH AND POTENTIAL

We are capable of more than we ever imagine.

“ THE GOAL IS NOT TO ELIMINATE THE CHALLENGES, BUT TO CULTIVATE THE BLESSINGS. ”

PEOPLE. | PERFORMANCE. | POSSIBILITY.