

## **Challenge the Process**

Answer the following reflection questions:

What have you changed (positively) lately?

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What “daring failure” have you experienced in your life? How did you handle it? What did you learn? Be specific.

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What did you find fun and rewarding about taking risks and trying new things?

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What do you find difficult about taking risks and trying new things?

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What are the “We can’t do that because . . .” statements you’ve made? List them.

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Ask your team to do the same thing. Review their responses and match them to yours. Challenge those that are non-factual.