

EXERCISE: Pitfall behavior and allergy as a learning point.

What irritates you? And could it be that the opposite of this is a quality of yourself? But do you sometimes overshoot this quality yourself? Then it is a trap! Do you have such a pitfall(s)? Use the core quadrants in the attached list and select your 15 key challenges!

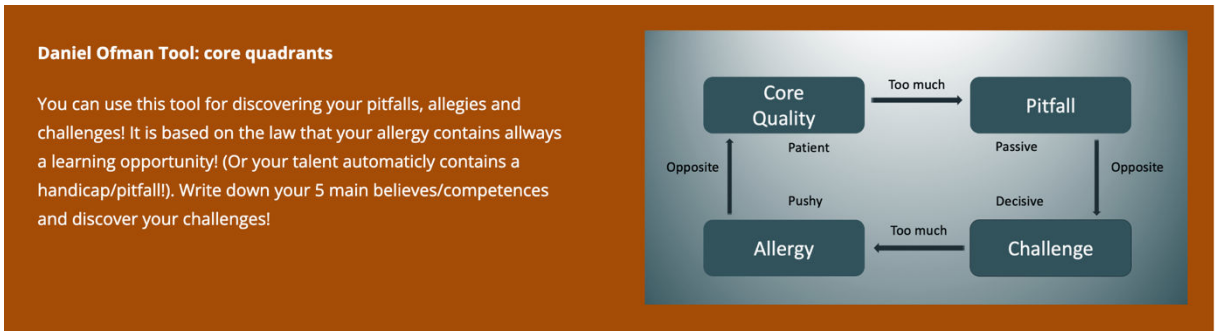
You can do this by:

- translating 5 core qualities of yourself into pitfalls and challenges

- translating 5 allergies in others into your challenge

- Identify 5 of your own pitfalls in the list below and translate them into your challenge.

In the image below you can see how Daniel Ofman's powerful core quadrant method works!



Core Quality	Pitfall (Too Much of a Good Thing)	Allergy (Opposite Trait)	Challenge (Finding Balance)
Decisiveness	Dominance	Passivity	Patience
Caring	Meddling	Indifference	Letting go
Flexibility	Inconsistency	Rigidity	Steadfastness
Persuasiveness	Pushiness	Indifference	Empathy
Patience	Lethargy	Impatience	Goal-orientedness
Goal-oriented	Stubbornness	Aimlessness	Openness
Creative	Chaos	Boring/Repetitive	Structure
Meticulous	Nitpicking	Carelessness	Big-picture thinking
Courageous	Recklessness	Cowardice	Wisdom
Independent	Stubbornness	Dependence	Collaboration
Empathetic	Over-involvement	Insensitivity	Setting boundaries
Enthusiastic	Over-the-top	Listlessness	Calmness
Loyal	Inflexibility	Betrayal	Independence
Responsible	Overprotectiveness	Irresponsibility	Letting go
Integrity	Rigidity	Unreliability	Flexibility
Modest	Invisibility	Boastfulness	Self-expression
Optimist	Naivety	Cynicism	Realism
Humor	Cynicism	Dullness	Seriousness
Perseverance	Stubbornness	Giving up	Letting go
Openness	Gullibility	Closed-mindedness	Critical thinking
Decisive	Rashness	Indecisiveness	Carefulness
Adventurous	Recklessness	Boredom	Stability
Faithful	Inflexibility	Betrayal	Independence
Assertiveness	Aggressiveness	Submissiveness	Diplomacy
Sensitivity	Over-sensitivity	Indifference	Resilience
Self-confidence	Arrogance	Self-doubt	Self-reflection
Tact	Vague diplomacy	Bluntness	Honesty
Calmness	Passivity	Restlessness	Action
Structure	Rigidity	Chaos	Flexibility
Dedication	Self-sacrifice	Indifference	Self-care
Wisdom	Know-it-all attitude	Ignorance	Curiosity
Innovative	Absent-mindedness	Conservatism	Focus
Helpfulness	Submissiveness	Selfishness	Self-awareness
Empathy	Loss of self-identity	Insensitivity	Self-awareness
Disciplined	Rigidity	Chaos	Flexibility
Approachable	Lack of boundaries	Unapproachable	Setting boundaries