

IDENTIFYING ICEBERG BELIEFS

Read about iceberg beliefs in Skill 1. Then look inward.

Do you (to some extent) have an exaggerated need for achievement, acceptance, or control? How does that show?

How might that hold you back at work?

How might you work on controlling and changing those beliefs?

Note: Don't to be too hard on yourself – most people have exaggerated iceberg beliefs to some extent!