


# WHAT ARE YOUR TRIPWIRES?

(and, what to do about them)


*Our tripwires keep us from achieving the things we want in life. Though they arise out of fear, they often disguise themselves as something else; usually rationalizations, distractions, and vague plans to start again on Monday.*

## Common Tripwires



<b>Unrealistic Expectations</b> This new product will make \$100 million by the end of the year.	<b>Rigidity</b> There's only one way to do things, one right answer, one right kind of person.	<b>Procrastination</b> I'll do it next week...
<b>Fuck It Mentality</b> Pleasure now vs. fulfillment of future self.	<b>Escapism</b> Netflix, daydreaming, going off to a la la land of dreams and over optimism.	<b>Self-medication</b> Food, alcohol, drugs, sex, shopping, etc.
<b>Defensiveness</b> Sharp tongue when fearful, refusal to take advice, refusal to accept criticism.	<b>Impatience</b> If it doesn't produce results immediately, it's not worth doing.	<b>Distraction</b> Inability to stick to something for an extended period of time. Chasing the next thing.

## What to do About Your Tripwires

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1. Think of the last time you didn't fulfil a promise or commitment you made to yourself. What was going on in your life right before things went pear-shaped? (Hint: look at the table above)
  2. Think of a few other times you broke a commitment to yourself. Did those same conditions apply?
  3. Now you know what your tripwires are.
  4. Plan for your next trip.
    - To ensure that I'm not setting unrealistic expectations, I will...
    - If I catch myself being overly ridged, I will...
    - To keep myself from procrastinating, I will...
  5. Will you still trip? Yup. But, with practice, you'll get back on your feet a lot faster.