Three Questions to ask yourself

Evaluate yourself on these three questions and write down a specific example with a suggestion for improvement if one comes to mind.

Are there times when you do things for people they could and should do for themselves because you are trying to help them? (Abraham Lincoln and Coach Wooden believed doing this weakens the person you are trying to make stronger.)

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Do you sometimes let emotion rather than reason control your decisions?

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Do you sometimes allow yourself to focus too much on what's happened in the past at the expense of focusing on what you can do today to create a change?

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