

Esteem

A Summary	Expressing compassion
Balanced when	<ul style="list-style-type: none"> • Helping/teaching • Giving a sense of value to... • Able to apply a creative approach to compassion • Open, uncensored, equal, democratic
Unbalanced when	<ul style="list-style-type: none"> • Smothering others • Insisting on our way • Behaviour is subservient • Ramping up sacrificial mindset & • Forgetting to compensate with self-care • Signalling leadership with sacrifice
Rebalancing by	<ul style="list-style-type: none"> • Returning to heartfelt contributions instead of shows of compassion • Using assets to change the world • Anchoring oneself to purpose, rather than talents

Respect

A Summary	Liking myself underpins us liking others
Balanced when	<ul style="list-style-type: none"> • Doing good for others ① • We can enact altruism • We have awareness of our other likeable features • Enthusiasm is prominently in our routine behaviour
Unbalanced when	<ul style="list-style-type: none"> • Outside forces hinder our pursuits • Such that the disruption can feel like failure • As a result of which, we focus on our needs more than the needs of others ①
Rebalancing by	<ul style="list-style-type: none"> • We recognise that our very nature can set us up for disappointment <ul style="list-style-type: none"> ◦ Remembering other's boundaries • Learning to do our best and then let go of the rest • Considering our needs <i>and</i> the needs of others • Keeping a clear view of our purpose & mission ①

Confidence

A Summary	Being on the right side of what is genuine and true
Balanced when	<ul style="list-style-type: none"> • We feel connected to ourselves

	<ul style="list-style-type: none"> • A sense of sureness & conviction, with a rejection of dishonesty • Know our true selves • We give adequate attention to the things we think and the things we do
Unbalanced when	<ul style="list-style-type: none"> • We hold on to the security of the old at the expense of the new ② • Not <i>accepting</i> change on an introspective level ② • Feeling obliged to an obsolete 'self' – "...no longer that person" • Over confidence causes manipulation of others ①
Rebalancing by	<ul style="list-style-type: none"> • Self-encourage flexibility in the face of changes • Paying attention to our reactions so as to avoid manipulation while not demeaning ourselves

Evolution

A Summary	Seen as being as important as the results
Balanced when	<ul style="list-style-type: none"> • Being able to interact with the world • Actively pursuing the ability to • Continuing the effort to • Recognising and celebrating milestones
Unbalanced when	<ul style="list-style-type: none"> • Withdrawn and disconnected from the outside world ① • Lose sight of who we are and / or lose [sight of] (misplace) 'pieces' of ourselves
Rebalancing by	<ul style="list-style-type: none"> • Embracing growth responsibly • Allowing oneself to simply 'be' at times • Combining natural traits with dreams, practical considerations, freedom, self-care • Living spontaneously while connected to principles and strategy

Responsibility

A Summary	Taking charge of decisions and accepting responsibility
Balanced when	<ul style="list-style-type: none"> • Practice independent thinking while remaining aware of the needs of others • Make decisions responsibly, with authority and understand being accountable • Proactively use our core values to achieve our personal goals, with Pt 1 • Learning from experiences and accepting the results

Unbalanced when	<ul style="list-style-type: none">• Stalling rather than do something that could fail• Get stuck on the routine duties
Rebalancing by	<ul style="list-style-type: none">• Not making rash decisions that affect others• Doing our best and accepting our part in the outcome• Learning to focus and make our way through the details• Setting time aside to wander• Embracing [our] natural trait of strategizing and including room for the details

① *As I'm on my own all day this can be / not be difficult to do*

② *Automatically doing this because it's the current default, returning instantly.*