

Budge: to make the slightest movement

BUDGE!

October 2020 / episode three

small movements matter!

THE SURVIVAL DILEMMA

The dilemma is...YES, we have to survive. But, when we are focused on merely surviving the effects can be counterproductive.

WHEN WE ARE IN SURVIVAL MODE...

1 THE FOCUS IS ON ME!

Decisions are made based on what's good for me.

Team is very difficult to accomplish!

2 MY SURVIVOR BRAIN TAKES OVER

Fight - contention & anger
Flight - quit & stay
Freeze - no growth

The urgent can crowd out the important!

3 DISTRESS OCCURS MORE FREQUENTLY

fear/anxiety/paranoia/blame
Homeostasis is striving to happen. [look it up]

Psychological and emotional safety matters!

4 I ONLY PAY ATTENTION TO LOWER NEEDS

Higher needs such as Belonging and team, Esteem and encouragement, Growth and fulfillment do not matter. [see Maslow]

Leadership sets the pace for full!

THRIVE: PROSPER/GROW & DEVELOP VIGOROUSLY/FLOURISH
FULL/GROWTH/HOPE/JOY/LIFE/THRIVE

OPPOSITES OF SURVIVAL

Where are you living?

WHAT DO YOU WANT FROM WORK?

3 QUESTIONS TO MOVE US BEYOND THE SURVIVAL MODE:

Do you want to?

Who do you have around you?

What is your win?

WE WERE CREATED FOR MORE THAN JUST SURVIVAL!