

# Human 101

## Cheat Sheet



# Re-HUMANING Your Perspective:

**1** = 1 Wild Question:

This is all about asking yourself questions to spark fascination and unconditional positive regard for your self. Wild Questions are all about uncovering your strengths, learning about your uniqueness, and making sure to notice what's STRONG with you, instead of criticizing. Choose any of the following questions, or design a Wild Question of your own!

**What's right with me?**

---

**What's something I like about myself?**

---

**What's a STRENGTH of mine?**

---

**What's something positive about my personality?**

---

**How was I AWESOME today?**

---

**Create Your Own Wild Question:**

---

**0** = Zero focus on the negative:

Don't temper your positive observations by pointing out the mistake. Don't compare your awesome to anyone else's. Don't even diminish the awesome you're seeing by comparing it to a time you were "better." If something negative does come to mind, don't beat yourself up about it or begin to ruminate on it; release it and move forward.

If you have a negative thought pattern that you can't seem to shake, feel free to write it down and take it with you into a [Free Coaching Session](#). We would love to help you move through and deal with whatever negative thought seems to be holding you hostage.

**(OPTIONAL) Persistent Negative Thoughts to Work Through:**

---

---

---

**1** = 1 Tiny Brave Action to explore your Awesomeness:

What's something you could do to deepen your understanding of or expand one of your positive attributes? What feeds the fire of your passion, or lets you gain confidence in a growing strength? What's something you could learn or do today - a TINY action you could take - to explore and focus on your awesomeness?

---

# Don't let this be hard.

It's tough enough to switch gears from self-criticism toward engaging yourself as a Wild + Brave Human. Don't make it tougher by making steps to growth be huge, expensive, or daunting.

The key to Brave Action really is keeping it tiny. It's the small things you ACTUALLY DO that change your life. So let it be small. And try to do it again.

And again.

And infect someone else with the idea.

## Additional Resources:

We mentioned some cool stuff in the broadcast that goes with this Cheat Sheet. Here are the highlights:

### ★ Watch the Wild + Brave 101 Broadcasts

- [Wild 101](#)
- [Brave 101](#)
- [Human 101](#)

### ★ [Free Guided Lovingkindness Meditation](#)

If you find answering the question "What do I like about myself?" difficult, or struggle to really create a place of compassionate curiosity about yourself, start with this Free Guided Lovingkindness Meditation written and recorded by Wild + Brave Coach, Megan Hendrix. It's a great way to stop the negative thoughts that may be stuck on repeat, and clear the air.

## Additional Resources, continued:

### ★ [Personality Assessments](#)

The right personality assessment can initiate big breakthroughs in understanding your strengths for thriving as a Wild + Brave Human. The personality assessments we use in coaching are some of the most easy to use and intuitive to grasp. Popular with leaders, these personality assessments follow a school of thought that teaches 4 major types of wiring. Learn these 4 styles and drastically improve your connection and effectiveness in relationships of every kind. [Learn More.](#)

### ★ [Free Productivity Style Assessment](#)

This fun Productivity Style Assessment not only lets you know strengths and success tips unique to you...it also tells you what Marvel Character you'd be based on your productivity style! Have some fun with this easy quiz, and read the success tips for some actual insight into your own style of awesomeness.

### ★ [Free Coaching Session](#)

During the course of this broadcast you'll hear coaching come up a dozen different ways. We love coaching, particularly because of something called the "coaching space." In Wild 101 we are teaching you to create the coaching space FOR YOURSELF. But if you've never experienced it, maybe now's the time. If you haven't had the chance to see yourself in the space created by a coach, please sign up below for a Free Wild + Brave Coaching session. We think everyone should spend time in the coaching space, and would love to create it for you. To learn more about coaching, check out our [Coaching Page](#).