

## Skydive of Courage

Have you ever thought of skydiving? For most people, this thought conjures up all sorts of fears of jumping out of a perfectly good airplane. Fear of heights, fear of parachute failure, fear of injury, fear of not remembering what to do. Everyone has something they fear. We all experience skydiving moments throughout our lives. This exercise is for you to become clear with yourself about what you are afraid of.

**Reflect.** Name a few fears that stop you from skydiving out of the plane of your life.

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What is the one plane that you would like to skydive out of?

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What work-related fear of skydiving is impeding you and your team from moving forward as a successful group?

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**Resource:** *Compendium12* by Olivia McIvor