

WALDO WALDMAN

# Resilience Challenge



## ★ ASK FOR HELP ★

### MISSION OBJECTIVE: DEVELOP THE CONFIDENCE AND COURAGE TO BE VULNERABLE AND ASK FOR HELP.

Asking for help is not a sign of weakness. It's a powerful tool for growth. Leaders who ask for help enable a collaborative environment where subordinates also seek out help. When a team can put egos aside and ask for help, everyone improves and a true culture of excellence results.

#### ★ ACTION ITEM #1 ★

**Acknowledge:** Recognize your need for perfection and realize that you don't need to be perfect. Embrace mistakes as opportunities to learn and grow.

#### ★ ACTION ITEM #2 ★

**Seek Counsel:** Humble yourself by asking a wing man or two for advice on how you can improve or achieve a goal you're working on. Listen and don't judge.

#### ★ ACTION ITEM #3 ★

**Execute:** Identify a metric for success on a particular goal then create a disciplined, step-by-step plan to achieve your goal. Watch your confidence soar.

#### FLIGHT LOG

Document your actions and progress below.