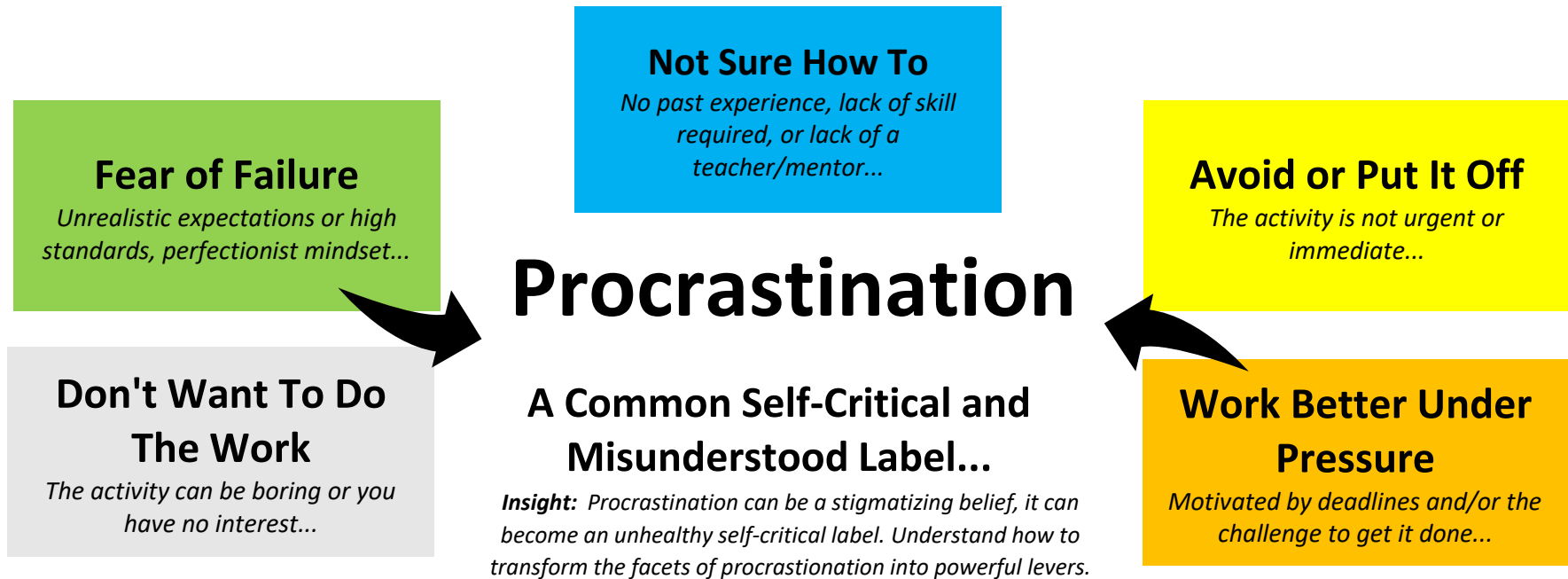




Passive

Antidote: Take the time to understand how we are wired, our mindset, and flexibility; Identify a way to connect to something bigger than ourself. E.g., Act on behalf of others...

Growth

Antidote: Identify your opportunities to learn and develop both personally and professionally; Identify resources to educate, learn, and practice new knowledge/skills/abilities ...

Active

Antidote: Build an awareness around your internal/external forcing functions that support your effort to take action; Leverage self/others to develop small steps which can lead to desired momentum...