

PRODUCTIVE DISCOMFORT

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY

PRODUCTIVE DISCOMFORT

is the awareness that some discomfort is necessary in order to grow and change.



ASK YOURSELF

Why does this situation feel uncomfortable?

Are you freaking out because you feel vulnerable?

Would you be proud of yourself if you do it?

What are you risking if you don't try it?

What are you risking if you do?

