



# what's your biggest regret?

- use a wordstrip to anonymously write down your biggest regret.
- hand in your wordstrip – without sharing with anyone – before we begin our session this morning.

p.s. "No REGRETS" is not an answer 😬



# Stranger. Things.

the next steps just might be . . . moving







WELCOME  
TO  
HAWKINS



great resignation | great reshuffle

quiet quitting

wfw

languishing

overemployment

boomeranger

silver tsunami

racial reckoning

loitering munitions

esg

gen alpha

foodflation

affirmed gender

metaverse | ml ops | edge | ai



A dimly lit, cluttered living room. In the background, a couch is covered with a white sheet. Above the couch, a string of multi-colored lights hangs across the wall, with the letters 'I J K L M N O P Q' on the top line and 'R S T U V W X Y Z' on the bottom line. In the foreground, a dark wooden coffee table with ornate carvings is cluttered with various items, including a glass pyramid, papers, and boxes. To the left, a small table holds two lit candles and a laptop. To the right, a floral patterned ottoman is visible. The room has a vintage, lived-in feel with patterned wallpaper and a bookshelf in the background.

the never normal



# 1. space



(+) perspective

(-) emotional distance



fixed

- talents are hard-wired
- mistakes = weakness
- performance = chance to prove skills
- prove thyself

growth

- learn & grow with effort
- mistakes = opportunities
- performance = chance to learn more
- improve thyself

(+) perspective  

---

mindset



## (+) mindset



---

1. do you feel smart when you do something flawlessly, or when you're learning something new?

---

2. what are the situations where you 'go stupid' (disengage your intelligence)?

---

3. think of a time when others outdid you; did you assume it was because they were more talented than you, or because they practiced harder or worked through obstacles?





- ✓ "what's on your mind?"


- ✓ "and what else?"

(+) perspective  

---

curiosity





invisible threads  
are the  
strongest ties.

friedrich nietzsche

(-) emotional distance

---

armour



(-) armour





(-) armour

what's the most  
resilient animal on  
earth?

- wild rat
- bed bug
- **tardigrade**
- cockroach
- planarian worm





(-) armour



BEHIND  
THIS



MIGHT  
BE







2. time

← reflection  
→ hope





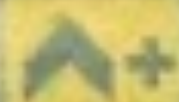
LIEUTENANT  
PETROSEN  
SQUARE



Park closed at  
dusk



WRITE YOUR BIGGEST REGRET:







foundation

"If only . . . I'd done the work. "

boldness

"If only . . . I'd taken the chance vs playing it safe."

regrets

moral

"If only . . . I'd done the right thing."

connection

"If only . . . I'd reached out."

(←) reflection  

---

insight



a function of struggle

(→) hope  
agency



<b>1. SPACE</b>	<b>From:</b>	<b>To:</b>
<b>Growth</b>	Prove Yourself	Improve Yourself
	Risk Adverse / Don't Admit Mistakes	View Mistakes as Opportunities
	Show me the \$\$	. . . AND the Meaning
<b>Curiosity</b>	Future Belongs to Knowers	Future Belongs to Learners
	The Joy of Being Right	Think Again: The Joy of Being Wrong
	Trusted Advisor	Perspective Seeking
<b>Emotional Distance</b>	"Professional" Workplace	Compassionate Workplace
	Rugged Individualism	Belonging / The Paradox of Community
	Decisions Based on Facts	Emotions are a Legit Form of Data
	Recognition	Appreciation

<b>2. TIME</b>	<b>From:</b>	<b>To:</b>
<b>Reflection</b>	No Regrets	Insight & Amends
<b>Hope</b>	Toxic Positivity – Passive Hope	Bounded Optimism– Active Hope
	Hope is Given	Hope is Learned



the final step is  
not success.  
it's significance.

Stranger. Things.





bedtime reading

