BE AWARE OF SPIDERS
SECTION SUMMARY

Of course, personal development is not exclusive to turning inward, which brings the focus to our many interactions – whether they're with coworkers, colleagues, friends, family and/or with significant others.

One obvious challenge we all face in our exchanges with others is the simple fact that we are all so different. As hard as any of us work to understand and improve ourselves, the essence of who we are – our personality, temperament, values and character traits – are relatively constant. Each of us is a fixed point while everyone else is a moving target. This means we not only have to be adept at sizing people up, we also need to be adaptable.

We're not just talking about random daily interactions. We're really at the heart of determining compatibility with whomever we choose to let into our lives and how to navigate those different relationships every day.

It's hard enough to make sense of ourselves, yet we often make snap decisions to size up and classify the people we meet under various circumstances.

Though we may not want to admit, each of us rely on certain judgment filters to some degree. In some - but not all - facets, it's human nature to evaluate others in terms of race, religion, gender, education level, social class, occupation, income, geographic origin, sexual orientation and political affiliation, to name a few.

So how can we go about gaining a better understanding of other people to help us navigate various moving parts and types of relationships in our lives?

It would be exhausting to be on guard all the time. Life would be much less enjoyable if it was defined by fear and paranoia. It's important to resist that temptation and keep your balance. If only there were easy shortcuts to make sense of it all. They might save us a lot of trouble or validate what relationships to cultivate as well as others to avoid. What if you could identify a single character trait to tell you all you need to know about others?

DAY 15 Activities

- Be Aware of Spiders Video
- Be Aware of Spiders Section Summary (you are here)
- Spider Spotter
- Web Evader

DAY 16 Activities

- Hater Handler
- Tribe Upgrade

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