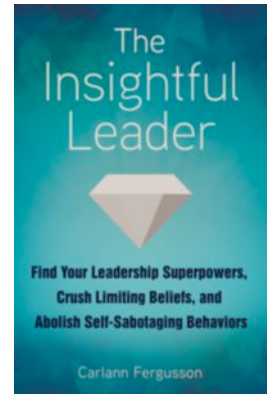


## The Insightful Leader Part 1: Discovering Your Superpowers



Your Signs of Flight or Fight: (Chapter 2, page 19)

Before you begin identifying your superpowers it is important to identify your signs of the flight or fight response. Noticing when these occur will allow you to identify when your survival brain is being triggered.

1. What are your most noticeable signs of your flight or fight response?

- Muscles tensing
- Shorten breath
- Teeth clenching
- Stomach tensing or feeling nauseous
- Chest tightening
- Flushing skin - neck, cheeks, throat, ears, etc.
- Sweating of palms, underarms, etc.
- Pulse quickening
- Other

2. Over the next few days observe when your flight or fight response appears.  
Note the situations that trigger these reactions.

