

STRIVE Quality

Key Attributes

Unbalanced

Balanced

Sensitivity

- Highly attuned nervous system
- Heightened response to stimuli within and outside oneself

- Frequently **anxious** and “amped up”
- **Slow** to relax
- Body in a state of **tension** and **bracing**

- **Calm** and **composed** demeanor even under pressure
- Get enough time for **proper rest** and **downtime**
- Able to use intuition as a tool for **better decision making**

 **Resource Links**   [Grounding Exercises](#) | [Energy Tracker](#) | [Self-Care Plan](#)

Thoughtfulness

- **Deep thinking** and self-awareness
- **Synthesis**, analyzing, and insight

- Can't make **simple decisions**
- Plagued by **worry** and **imposter syndrome**
- Get **bogged down** in unnecessary details

- **Reflective** and able to **think deeply** and **act purposefully**
- Practice **constructive self-talk** and has **solid self-confidence**
- Offer **creative, innovative,** and **nuanced ideas** that others miss

 **Resource Links**   [THINK Tool](#) | [Learned Optimism Worksheet](#) | [Rule of 5 Worksheet](#) | [Best Case / Worst Case / Most Likely](#)

Responsibility

- Loyal, strong **team player**
- Worthy of **trust** and **support**

- **Swoop in to fix** situations and keep people happy
- **Feel bad or guilty** for not doing or helping enough
- **Struggle to say no** or **ask for help**

- **Dedicated**, but with **strong boundaries**
- **Delegates effectively** and **empowers others** to solve problems
- **Maintain personal standards** for excellence **without caving** to pressure, comparison, or people-pleasing

 **Resource Links**   [Sample Scripts for Saying No](#) | [Cheatsheet: Active Listening & Assertiveness Techniques](#) | [RACI Worksheet](#)

Inner Drive

- Ambition to **make an impact**
- Desire to be the **best version of oneself**

- Overwork to the point of **exhaustion** and **burnout**
- **Feels lazy** if not working, has trouble taking time off
- **High attachment** to outcomes and external rewards

- Place a focus on **continually learning, growing, & advancing**
- Create goals that are **realistic, attainable,** and **personally meaningful**
- Make **consistent progress** while **managing energy** effectively

 **Resource Links**   [3C's Worksheet](#) | [Priority Tracker](#) | [Decision-Making Matrix](#)

Vigilance

- **Aware of subtleties** in the surrounding environment
- **Intuit** the needs of others

- **Highly responsive** and **deferential** to the needs of others
- **Read into situations**, even when nothing to worry about
- **Passive** in interactions

- **Attunement** with others creating **strong relationships**
- **Able to assess** risks and make **good judgment calls**
- **Channel attention inward** and pursuing what's right for you

 **Resource Links**   [Build Your Brag File](#) | [Core Values Inventory](#)

Emotionality

- **Feeling** things deeply and intensely
- Able to **sense and stir emotion** in others

- **Derailed** with **intense, unpleasant feelings** for hours or days
- Pretending everything is okay while **silently brooding**
- **Ever-changing** stream of **feelings**

- Take in positive feelings like **joy, pride, & satisfaction** without guilt
- **Effectively process** and work through emotions to **take constructive action**
- Respond to emotions with **acceptance** and **flexibility**

 **Resource Links**   [Emotional Literacy Toolkit](#) | [Self-Compassion Exercises](#) | [Feedback Parser](#)

