

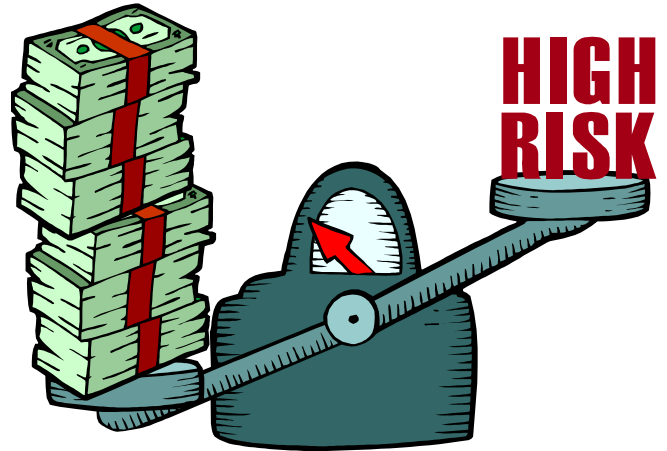
*When The  
Risk Is  
Simply Too  
Much For  
Today*



## *'Aliveness Risk' Too High*

- o When Amount of Risk Being Asked To Live Too High

- o 3 Responses To Request



# *#1 - Expand & Meet The Challenge*

- Say 'YES'
- Grab Courage, Faith & Conviction
- & Embrace Challenge



## #2 – *Set Overt Boundary*

- **Say NO!**
- **Keep Risk/Challenge  
At Safe Distance**
- **Openly Refuse To Push Envelope**



## #3 - *Set Covert Boundary*

- a. **Go above Challenge**
  - o Intellectualize
  - o Stance of superiority
  - o Stance of spirituality
  - o Control It



## #3 - *Set Covert Boundary*

### b. Go Below The Challenge

- o Depression
- o Victim Posture
  - o Like drowning
  - o Like quick sand
  - o Like a desert



## #3 - *Set Covert Boundary*



### c. Retreat Back From Challenge

- o Aloofness
- o Emotional Withdrawal
- o Step out & Beyond
- o Workaholic
- o Aggressiveness

*“For a long time it had seemed to me that life was about to  
begin—real life!*

*But there was always some obstacle in the way,  
something to be gotten through first,  
some unfinished business,  
time still to be served, a debt to be paid . . .*

*Then . . . life would begin.*

*At last it dawned on me  
that these obstacles were my life.”*

*Alfred D. Souza*





*“Stop waiting . . .*

*There is no better time than right now to be happy . . .*

*Work like you don't need money,*

*Love life like you've never been hurt,*

*and*

*Dance like no one's watching.”*

*Unknown*



*See you in the next Video*



*Much love,*

*Ragini*

