



THE COMPROMISE TRAP

The Six Personal Foundations

Your personal foundations provide the internal reinforcement system that enables you to act creatively and independently in challenging situations. They help you keep a broad perspective and take courageous action, uncovering ways to “redefine the game” in situations where there seem to be few options.

When you are under pressure, your personal foundations help you to stay true to yourself and avoid unhealthy compromise. When you are pursuing a larger goal, they enable you to be a positive force, influencing your organization and others for the better. The stronger your foundations, the more you are able to influence effectively and thrive regardless of the circumstances.

There are six personal foundations that create this internal reinforcement system:

1. **Reconnect to your strengths:** The ability to access confidence, creativity and self-awareness to guide your choices.
2. **See the larger field:** Sustaining a broad perspective so you recognize choicepoints, act on your true priorities, and see all your options.
3. **Define a worthy enough win:** Having a sense of mission and a reason for courage to help you focus your efforts and weigh hard choices.
4. **Find your real team:** Having strong relationships with your family, close allies, and other professionals to give you well-being, perspective, and reinforcement.
5. **Make positive plays:** Having a broad range of constructive actions you can use under pressure – including the ability to say no.
6. **Keep your own score:** Developing internal guideposts to evaluate your progress and determine what is “enough”.

Each of these is a pointer to a field of self-development which will increase your ability to live with integrity and passion.

Where to go from here:

- [Read The Compromise Trap](#)
- [Take the Personal Foundations Self-diagnostic](#)
- [Contact WorkLore to learn more](#)