

## IDENTIFYING ICEBERG BELIEFS

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*Read about iceberg beliefs in Skill 1. Then look inward.*

*Do you (to some extent) have an exaggerated need for achievement, acceptance, or control? How does that show?*

*How might that hold you back at work?*

*How might you work on controlling and changing those beliefs?*

**Note: Don't to be too hard on yourself – most people have exaggerated iceberg beliefs to some extent!**