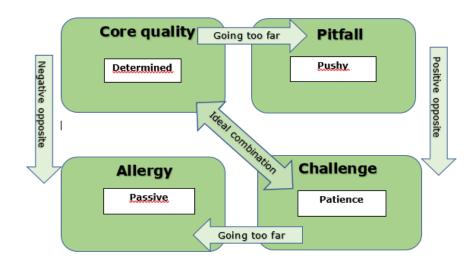


The core quadrant is a tool that can provide insight into your qualities. It consists of 4 parts:

- Core quality (part of a person's strength)
- Pitfall (overshoot of a core quality),
- Challenge (opportunity to develop)
- Allergy (overshoot of your challenge, behaviour you find irritating).



Example core quadrant

Assignment: Defining your core qualities

- Watch the video of Daniel Ofman about the Core Qualities <u>https://www.youtube.com/watch?v=gFxr8GBiEol</u>
- To gain more insight into your own qualities, you will complete 4 quadrants.
 Tip! If you find it hard finding your quality, you can start elsewhere in the quadrant as well.
 For example, you can start with your allergy. What annoys you about others?
 Or, start with your pitfall: what do others sometimes blame you?

The following sentences can help you with this:

Core quality	Pitfall
Others appreciate me for	• Under pressure, I sometimes fall into
• I think it is quite normal to	Others blame me for
I encourage others to	• I justify myself in
Allergy	Challenge
With others I cannot stand	I miss in myself
I get furious about	I admire in others
I would hate myself if I	Others wish me that I