

YOUR HERO'S FATAL FLAW EXERCISE: Introduction

To finish the description of yourself for your About Sentence, you'll need to describe your Hero's fatal flaw in this phrase:

YOUR NAME is a story about a ___(adjective)_(noun)_____
with (a) _____(fatal flaw)_____ who...

In this exercise, I'll prompt you to identify a habit of thinking or behavior that consistently limits your growth, and we'll call this trait your Hero's fatal flaw.

And, why do we care about growth? Because if we aren't growing, we're decaying.

Ew, right?

To pick up from the first exercise, here are some examples:

**Mrs. Doubtfire is a story about a loving father
with an irresponsible streak...**

**UP! is a story about a cranky widower
withdrawn from life over the loss of his wife .**

**Dirty Dancing is a story about an idealistic teenager
struggling to assert herself.**

On the following pages, let's explore and identify the pattern that's getting most in your way.

YOUR HERO'S FATAL FLAW

EXERCISE 1: 5 Minutes

Let's first look at your strengths.

A fatal flaw is often something that can be a strength when it's in balance, but a real monster when it's not. Think, confidence that can morph into arrogance. Or, service to others that can lead to self-sacrifice - consider this example:

In the movie, "It's a Wonderful Life," George Bailey has committed himself to a survival system that operates under the assumption that if he takes care of everyone else, somehow, magically, his own needs will be met as well.

There was a time in George's life when developing his ability to care about the needs of others helped George grow into a more loving and less self-serving human being. Powerful feelings of self-worth accompanied these actions. He felt good about himself because he was getting as much as he was giving. His life had a balance to it.

But there came a point of diminishing returns when the value of what was coming in was no longer equal to the value of what was going out. As more and more demands were made on George to put the needs of family and community above his own, his identity as a caretaker became fixed. Other aspects of George's nature were suppressed or ignored and the only things that grew in their place were anger and resentment.

The system of putting everyone else's needs before his own was breaking down and George felt unhappy and unfulfilled, but he continued to heave all his energy outward until the day when there was absolutely nothing left. That was the day he decided to jump off a bridge.

-- Dara Marks, Thewritersstore.com

List Your Top 5 Strengths:

YOUR HERO'S FATAL FLAW EXERCISE 2: 10 Minutes

The point of this exercise is to identify what you struggle with consistently. I'm talking about an internal struggle - not an exterior obstacle. Think about patterns that YOU bring to the table.

Below are samples:

Every day, I struggle _____

to wake up on time

to pay my bills

to eat right

to do God's bidding

with a mental illness

to be a patient parent

to be a loving spouse

with anger

to forgive

to stand up for myself

to do a good job

to just get through the day

with people's attitudes

to do my workout

to work on my art

to understand _____

with being ignored

to communicate my needs

to get what I need

to protect my children

to build my business / legacy

to be strong / resilient / consistent / patient / fill-in-the-blank

YOUR chief everyday struggle is: _____

YOUR HERO'S FATAL FLAW SAMPLE TRAITS LIST

Below is a list of sample fatal flaws for Heroes. Do any of these describe extreme versions of any of your strengths?

Ambition	Impulsiveness
Anger	Inculpability
Arrogance	Indulgence
Cruelty	Lust
Curiosity (excessive)	Obsessiveness
Despair	Perfectionism
Envy	Pettiness
Feeling Inferior	Selfishness
Gluttony	Selflessness
Greed	Self Reliance
Holding Grudges	Sloth
Hubris (excessive pride)	Wrath
Hypocrisy	Vanity

YOUR HERO'S FATAL FLAW SUMMARY

Recipe for Hero's Fatal Flaw =

Name your strength that gets pulled out of balance the most.

+

Use only one to three words to name your top everyday struggle.

=

Is there one Fatal Flaw word or short phrase that results from the combination of these "ingredients?"

Ding! Ding! Ding!

Note: If you're not feeling confident about your results, tag me in the Facebook group, and I'll brainstorm with you.

AND, HERE WE ARE

_____ is a story about a _____
(YOUR NAME) (ADJECTIVE)

_____ (who struggles) with _____
(NOUN)

_____ ...
FATAL FLAW