

the **FREAK** FACTOR

outline

“We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch.”

—e. e. cummings

1. AWARENESS-Weaknesses are important clues to our strengths.

“We are led to truth by our weaknesses as well as our strengths.”

—Parker Palmer, *Let Your Life Speak*

2. ACCEPTANCE-Apparent weaknesses are strengths in disguise.

“Strong people always have strong weaknesses too. Where there are peaks, there are valleys.”

—Peter Drucker

3. APPRECIATION-We succeed because of our weaknesses, not in spite of them.

“Every limit is a beginning as well as an ending.”

—George Eliot

4. AMPLIFICATION-Exaggerate weaknesses, instead of eliminating them.

“Whatever the public criticizes in you, cultivate. It is you.”

—Jean Cocteau

5. ALIGNMENT-Don't force yourself to fit in. Find the right fit.

“Every individual has a place to fill in the world and is important in some respect.”

—Nathaniel Hawthorne

6. AVOIDANCE-If you want to be the best, you have to be the worst.

“To fulfill some commitments, others must be excluded.”

—Chris Guillebeau, *The Art of Non-Conformity*

7. AFFILIATION-Partner with people who are strong where you are weak.

“To succeed, you must delegate everything, except that which is your genius work.”

—Fabienne Fredrickson



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