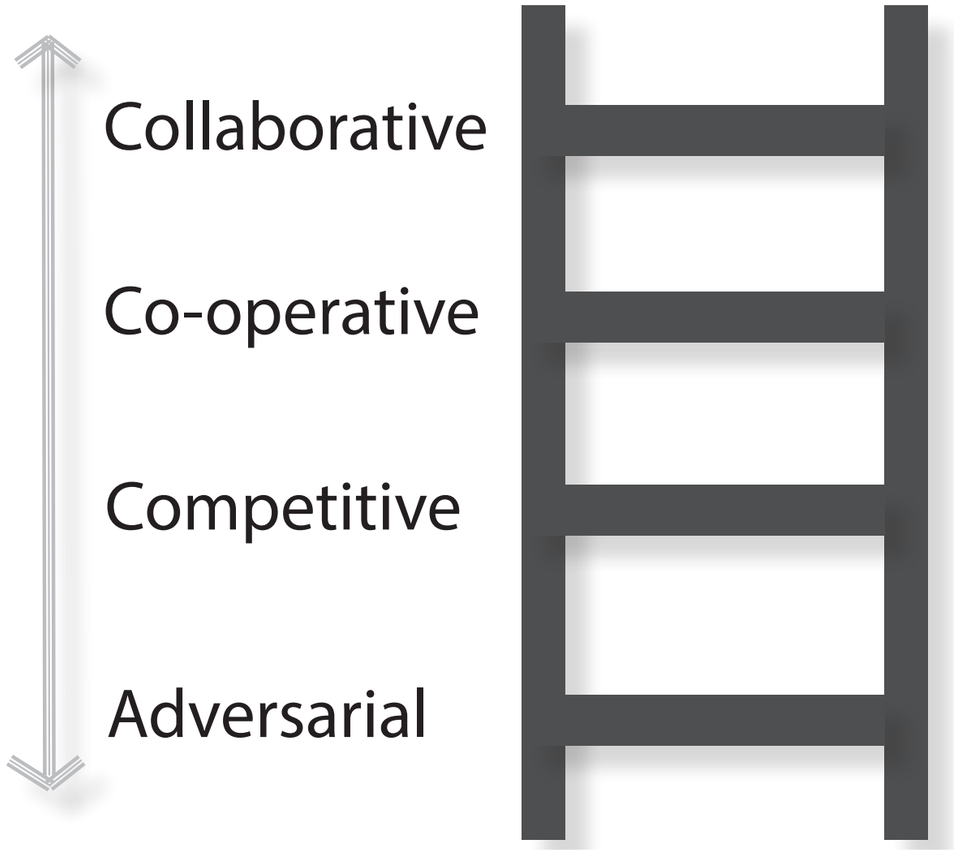
Don't compete

COLLABORATE

TODAY'S PRACTICE

When I would normally compete, I will instead collaborate generously with little concern for my individual gain



Don’t be defensive

BE CURIOUS

TODAY’S PRACTICE

When I hear something
I don’t like and
notice myself getting
defensive, I will start
with genuine questions
(including, “why am I
having this reaction?”)

Don't make excuses

TAKE RESPONSIBILITY

TODAY'S PRACTICE

On one occasion when I would usually make an excuse, I will explain my reasons and take responsibility

Don’t use corporate speak

USE REAL WORDS

TODAY’S PRACTICE

I will translate corporate concepts into words that make sense to my audience and make sure I’m actually communicating.

Don't have an opinion if you don't need one

STAY OPEN

TODAY'S PRACTICE

I will listen fully to something without having a single opinion about it.

Don't express opinion as fact

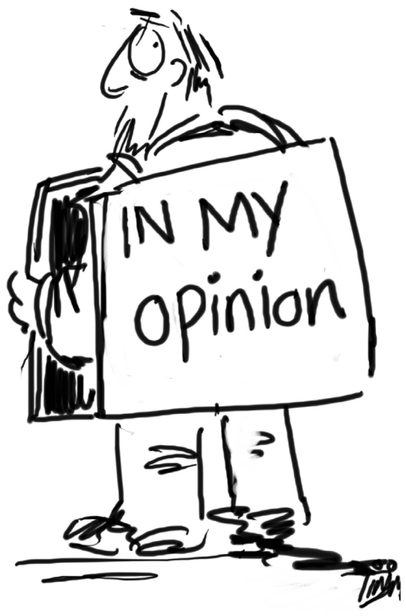
EXPRESS OPINION AS OPINION

TODAY'S PRACTICE

I will speak for myself

– using "I" statements

– and ask others what they see, think and feel.

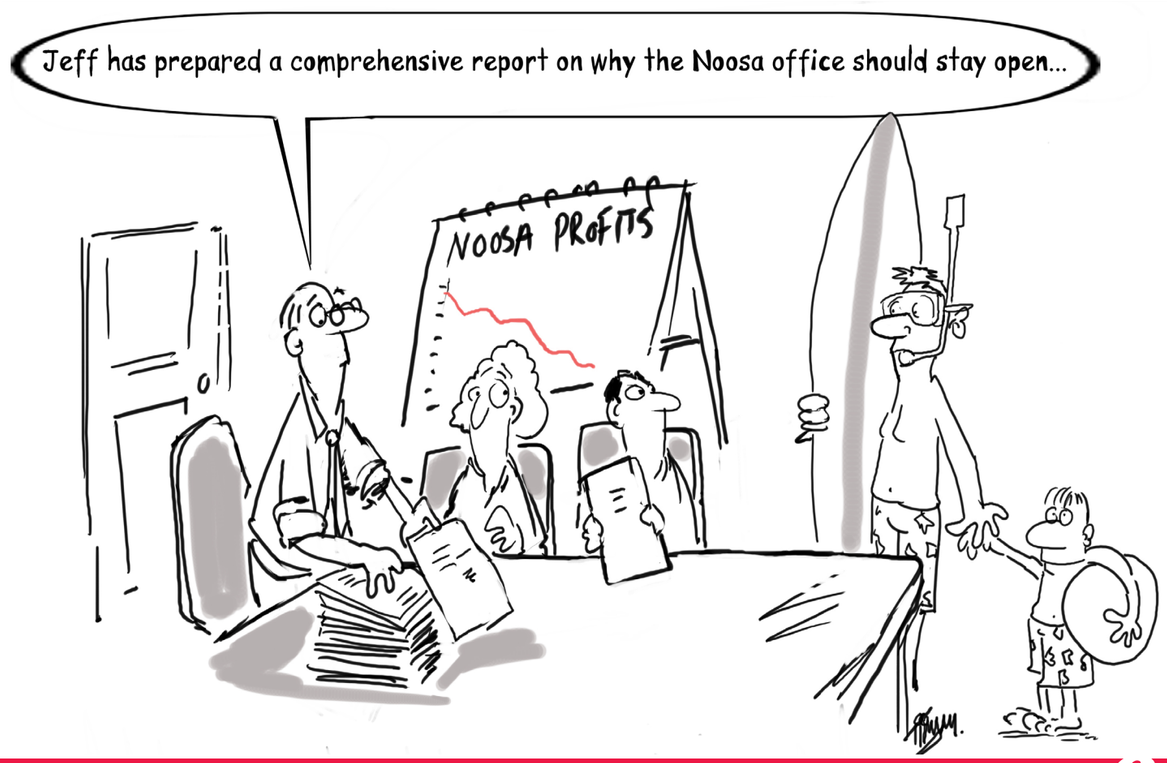


Don't get too emotionally invested

DETACH AND REFLECT

TODAY'S PRACTICE

I will notice an attachment that is causing problems and I will loosen my grip.



Don’t gossip

BE RESPECTFUL

TODAY’S PRACTICE

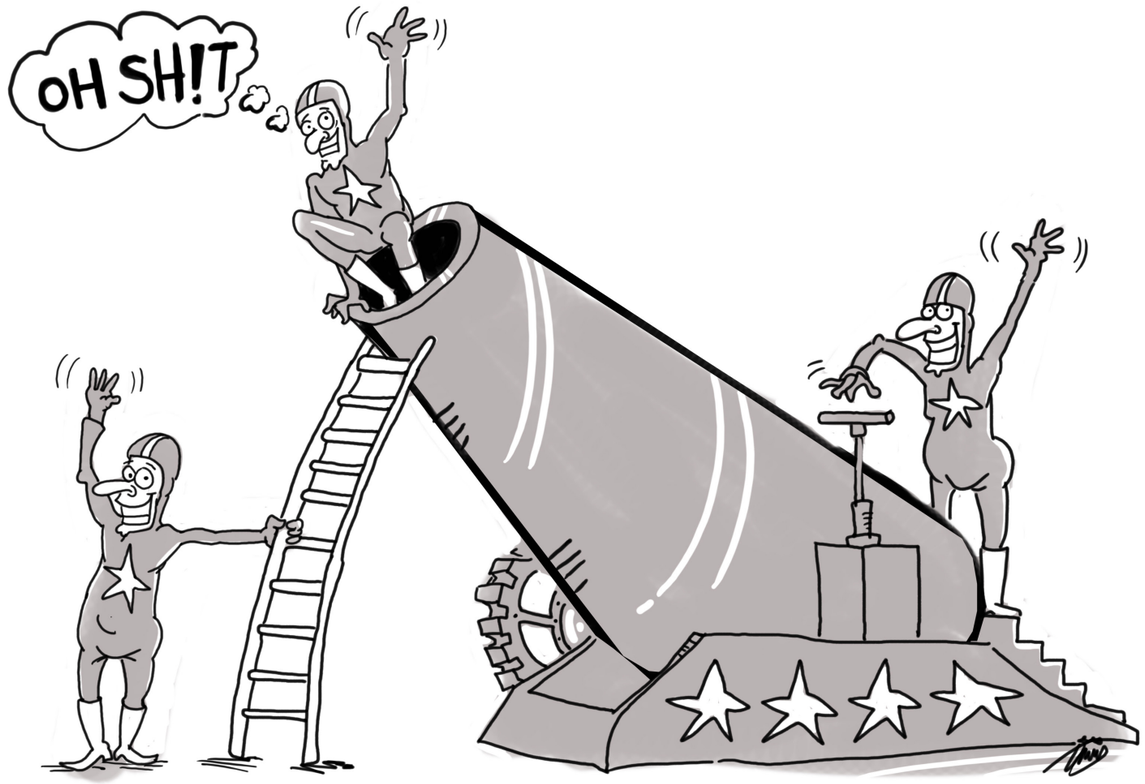
I will only talk about people as I would if they could hear me.

Don't pretend

BE AUTHENTIC

TODAY'S PRACTICE

I will watch and listen for my essence and build the courage to be myself.

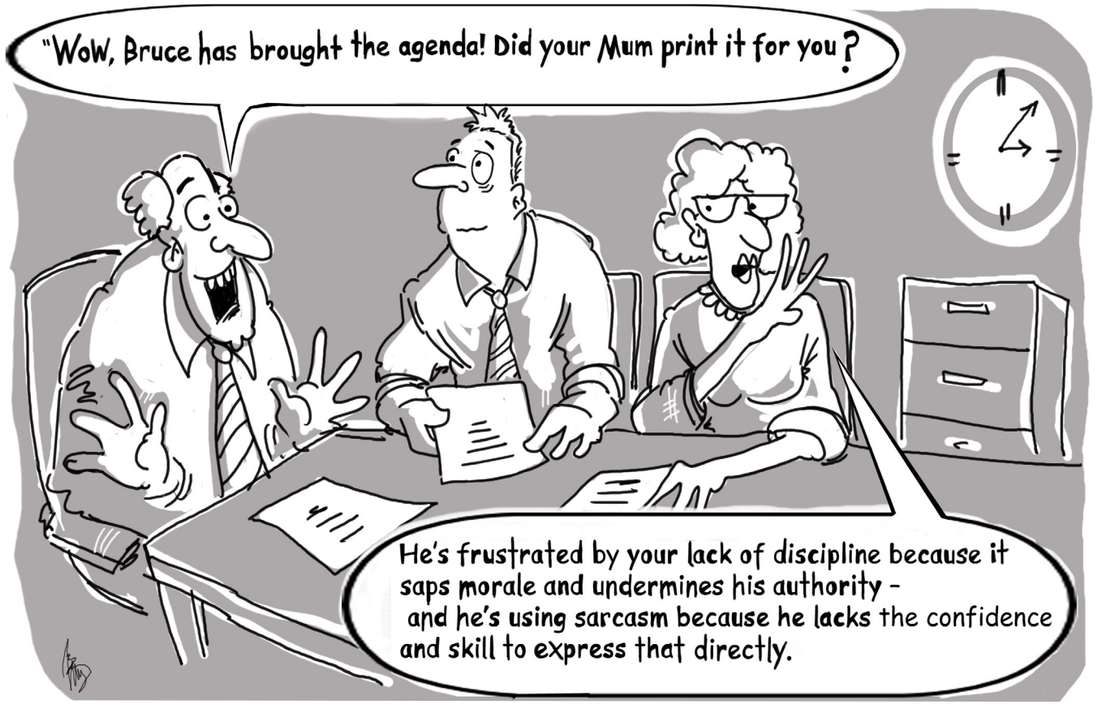


Don't use sarcasm

SAY IT STRAIGHT
OR DON'T SAY IT

TODAY'S PRACTICE

If it matters,
I'll be direct.
If it's my stuff,
I'll take it to therapy.
If in doubt,
I'll leave it out.



Don't mutter

SPEAK UP

TODAY'S PRACTICE

I will be courageous and speak up about one thing.

Don't be vague

GET CLEAR

TODAY'S PRACTICE

I will notice any time there is vagueness and then ask and verify until we have clarity.