

LEARNING AND REFLECTION

discover your GREATNESS within

What new awareness has emerged as it relates to assuming good intentions and focusing on patterns? How might this concept enhance my professional or personal life?



Decide on Actions

- Is the uncomfortable situation a pattern?
- Check your intentions; if your intention is to "be right", consider the impact of your choice and explore why it's important to you. If your intention is to improve a situation or enhance a relationship then plan to move forward.
- Ensure the individual(s) is ready to receive the feedback and proceed with courage and compassion.
- Share the pattern of what's happening along with its impact from your vantage point.

When Being Confronted by Others

- Determine if there is a pattern by asking "Have I heard this three times or more?" If the message is familiar there is an opportunity to become more self-aware by engaging with curiosity.
- Ask questions to understand specifically what is being expressed along with any negative impact(s).
- If you haven't previously heard it three times there is a good chance the individual didn't experience the best version of your self.
- Be grateful for the feedback because it shows someone cares.
You can decide how you want to proceed and what adjustments (if any) you are willing to make. Parking the feedback is a legitimate response to see if it surfaces again in the future and becomes a pattern.