

Week 1 of 2 Practice Exercises

Week 3 Practice Exercises

From week 1 and 2 continue to:

- 1 in 1: do 1 thing mindfully for 1 min each day
- Practice basic assumptions: how did outcomes change
- Notice transactions and your thoughts
- Notice empathy. Notice sympathy.
- Notice when you felt validated AND when you didn't



Week 3 Practice Exercises

1. Choose 2 of 5 previous week's practice exercises to share with the group
2. Pick one missed opportunity for validation. Share what you could have done differently.
3. How did validation opportunities change?

