

Week 3 Practice Exercises

1. Continue to practice the all skills shared in previous weeks' exercises.
Previous weeks:
 - One in one: Do 1 thing mindfully for 1 min each day.
 - Practice basic assumptions: how did outcomes change?
 - During the week notice transactions - share 1 transaction which could have had a different outcome?
 - Notice empathy. Notice sympathy.
 - Notice when you felt validated AND when you didn't.
 - Notice cues/habits, mental/physical, you have to help you be present with your student/ co-worker/ family.
2. Pick one missed opportunity for validation. Share what you could have done differently.
3. How did validation opportunities change?