

3 May 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Being Agreeable...

*This week, we are going to explore the point of being agreeable. Most people feel that they have to make a point if they don't agree with someone' or their opinion. They therefore disagree & proceed to enlighten the other person about how they feel. Unfortunately, that doesn't help anyone as both parties will feel unheard & possibly a bit annoyed that their opinion wasn't perceived to be valuable or worthy. The key is to agree with the other person first, reiterating their points **BEFORE** you explain your views. It's not easy though & takes a bit of practising... So this week, agree with everyone & record how it made you feel.*



Monday - On a scale of 1 to 10 (1 lowest & 10 highest), how difficult did you find agreeing? How did you go about it? How was your point received as a result? What could you do differently and/ or improve on?

Tuesday - On a scale of 1 to 10 (1 lowest & 10 highest), how difficult did you find agreeing? How did you go about it? How was your point received as a result? What could you do differently and/ or improve on?

Wednesday - On a scale of 1 to 10 (1 lowest & 10 highest), how difficult did you find agreeing? How did you go about it? How was your point received as a result? What could you do differently and/ or improve on?

Thursday - On a scale of 1 to 10 (1 lowest & 10 highest), how difficult did you find agreeing? How did you go about it? How was your point received as a result? What could you do differently and/ or improve on?

Friday - On a scale of 1 to 10 (1 lowest & 10 highest), how difficult did you find agreeing? How did you go about it? How was your point received as a result? What could you do differently and/ or improve on?

Saturday - On a scale of 1 to 10 (1 lowest & 10 highest), how difficult did you find agreeing? How did you go about it? How was your point received as a result? What could you do differently and/ or improve on?

Sunday - On a scale of 1 to 10 (1 lowest & 10 highest), how difficult did you find agreeing? How did you go about it? How was your point received as a result? What could you do differently and/ or improve on?