

Lighten Up

Opinions

Principle Cherish the truth, but not your opinions

- Meditation

Practices • Seek disconfirming data

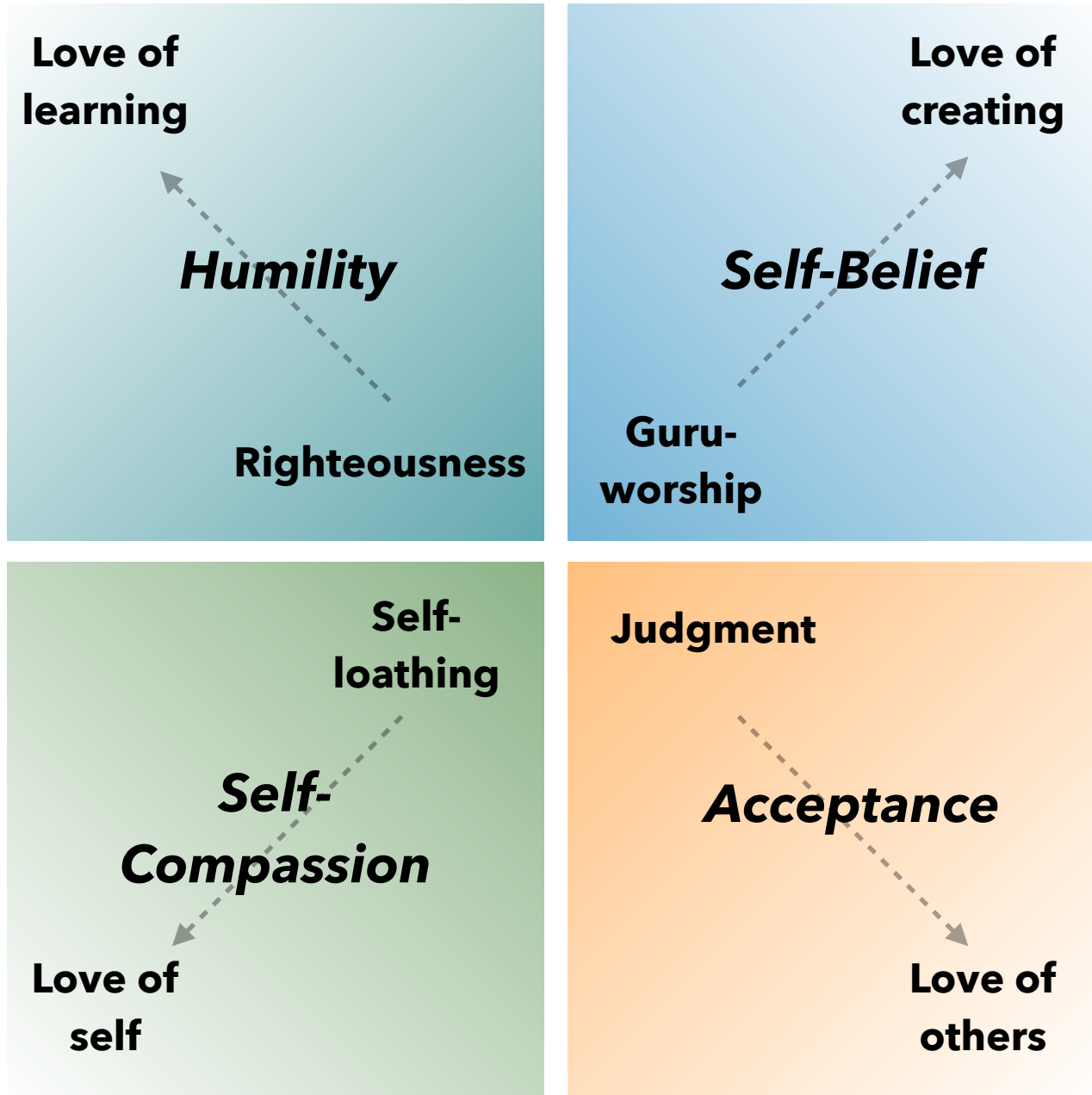
- Ask "what am I assuming?"

Principle It's all invented

- Write declarative statements

Practices • Publish your stuff

- Ask five questions



You

Others

Principle You can't fill from an empty cup

- Gratitude journal

Practices • Me time

- Listen to your body

Principle Seek first to understand

- Listen to them

Practices • Listen for your assumptions

- Find common ground

Relationships



CHANGE MAKERS