WHAT WORKS

Three Principles: Accept Balance, Clarify

Level 2   9-7-15

Balance → Clear Perception → Commitment to Truth → Inclusion and Connection

Balance   **Accept**   **Clarify**

Always start with Balance

Resolve and prevent physical, mental and emotional tension

Removes obstacles to Components of Clear Perception

Recognize situation as starting point without blame, judgment, "should"

See from another's perspective and understand their emotional response

Not attached to outcome

Be aware of one's own and other's perceptions

Short and long term concerns

Degree and level of understanding

Ask questions to see a larger picture and relevant details more clearly

Identify priorities, options, obstacles, opportunities

Proper sleep, diet, balance between rest and types of activity, balance within relationships, responsibilities balance personal needs with needs of others

Grounded - not building tension, aware of present situation

Recognize and adapt to limitations

Removes defensiveness and negative recycling

Effortless focus on next steps with vision and awareness of moment and direction

Question source and validity of information, interpretations, assumptions, check reasoning, look at implications, effects, alternative explanations

Integrity of effort → FLOW