

Your “One Person to Value” Worksheet

INSTRUCTIONS: On Day 1 of the course, you are asked to choose one person to value (your OPV) with whom you will work with as you go through this course. We suggest it be a relationship that you want to improve. Print out this page and come back to it at the end of each day to answer the questions. This will be vital to learning PLEDGEtalk!

Pause:

Describe one occasion when you Paused before you spoke with your one person to value (OPV), and the difference it made because you did: _____

Listen:

Write a summary of what you learned today on at least one occasion of intentionally Listening to your OPV: _____

Name two or three triggers of conflict between you and your OPV:

1. _____
2. _____
3. _____

Echo:

Estimate how many times today, you Echoed back in a conversation: _____

- 0 - 2 Uh, Ok. Let's keep working at it.
- 3 - 5 Nice!
- 6 - 10 You are amazing!!
- 10 plus Call me for a job!!!

Write of an example where you Paused, Listened, and Echoed back in a conversation. What difference did it make in you, in the other person, and in the conversation as a whole? _____

Disarm:

List three people you validated today and how:

1. _____
2. _____
3. _____

What was the reaction of the person(s) to whom you taught Pause, Listen, Echo, and Disarm? Were you surprised?

Give:

While listening to someone tell their perspective on a matter, you realize you have your own perspective to share. What is the likely outcome of you jumping in to tell your perspective before you have Listened, Echoed, and Validated the other's?

Remembering we can mine good data out of bad experiences, what is one bad experience you had in a conversation, and one good piece of data you discovered from your reflections afterward?

Engage:

Which action step(s) are you taking to reinforce your learning of PLEDGEtalk?

1. Teaching PLEDGEtalk using the PLEDGEtalk infographic? _____
2. Practicing PLEDGEtalk for four weeks then taking the course again focusing on a different person of value? _____
3. Reading my book, [The PLEDGE of a Lifetime?](#) _____

Take 5 minutes to “decide your future” with your OPV. Write at least one paragraph of what your relationship could look like--if you were to regularly use PLEDGEtalk in your conversations with her/him.

From the author: I'd love to hear how taking this course was of help to you and your relationships. Email your story (and enter a monthly drawing): Mark@PLEDGEtalk.com

Cheering you on,

Mark Oelze

P.S. If you found this course helpful, would you join us in our efforts to get the word out through a one time investment of (you choose how much) [HERE](#). Would you also SHARE this with others? Be a game-changer by helping them learn how to find peace and connect better in their relationships--even with you!