GIVE Challenge for the Day:

1. Today's Challenge:

The question arises: "When do I share my thoughts and perspectives on a matter?" Stephen Covey says: "Seek first to understand, then to be understood." PLEDGEtalk's answer is very similar: wait to share your thoughts until after you have initiated the first four steps--Pause, Listen, Echo, and Disarm. By doing so, you are valuing the other person above yourself. In many cases that same value will naturally be reciprocated. In other words, they will then ask you to give your perspective. And if they don't, you can ask if they would like to hear yours. *Asking to give your perspective* is a far better way of communicating than interrupting to force your views into the conversation.

Here is your Challenge for today. With your One Person To Value, practice *asking* if you can share your views on a subject--but only *after* having asked them for theirs.

2. Change Factor: *mining good data out of bad experiences:*

PLEDGEtalk is simple on the one hand and not so on the other. It takes work and intentionality. You must *choose* to communicate in a healthy manner. Often it just seems complicated. When we have a conversation that doesn't seem to go well, we get discouraged. We are tempted to give up. Instead, sit back and ask: "what went wrong? Where might the problem lie?"

Your Change Factor for the step of Give is to mine good data out of bad experiences. After any conversation you have today with your OPV (or anyone for that matter) take a few moments and reflect: what went well in the conversation? What could have gone better? If something went wrong, where might the problem lie? You will be asked to write about this tonight on your OPV worksheet.

Today's action steps (Summary):
1. With your OPV, *practice asking to share* after listening, echoing, & validating them first.
2. Use any bad experiences in conversations today as opportunities to reflect and learn.
3. By today's end, fill in the questions on your OPV worksheet!

See you in tomorrow's video.