

PAUSE Challenge for the Day:

In each Challenge For The Day you will see a Challenge and a Change Factor (an extra action step to take in order to help you learn the new principle!)

1. Today's Challenge:

First, choose someone to work with this week on the PLEDGEtalk principles. We will call this your "One Person To Value." It could be your spouse, or a child; it could also be a friend or co-worker. Each day you will be asked to practice with that person one or more of the 6 principles of PLEDGEtalk. *This means you must be in contact with that person each day.*

The Challenge: today, with the One Person (you have chosen) To Value, choose to Pause before you speak with them. *Think about how you value that person.* You do not want to speak words that hurt, but words that encourage. If in a conflict with that person, Pause to let your emotions dial down. If need be, temporarily walk away, telling them you want time to cool down.

2. The Change Factor: *teaching what you have learned.*

You want to grow or you wouldn't have signed up for this course. I want to see you grow or I wouldn't have created this course. Numerous factors are involved in lasting change. To help with the change, each day I am going to ask you to take one final action--it will be a Change Factor.

The Change Factor for the step of Pause: Today, share with the person you have chosen to work with (your One Person To Value) that you are taking an Online Course and will be practicing 6 principles this week to better your communication skills and learn how to resolve conflict. Explain the Pause principle to them and why it is so important. You will in essence, be teaching what you have learned. *Teaching others is a Change Factor!*

Today's action steps (Summary):

1. Choose your One Person To Value (OPV) *and intentionally practice Pausing whenever in conversation or conflict with them today.*
2. Tell your One Person To Value (OPV) about this course and explain the Pause step.
3. Print off your OPV worksheet. Keep available to chart your progress for the next 6 days. By today's end, fill out the answers to the Pause step. Here is a link to the [PDF](#) or [Doc](#).

Remember this is a step-by-step process. You will soon be on your way to knowing what to do the next time you are in a conversation or conflict, when communication REALLY matters!!!

See you in tomorrow's video!