



Change Academy Lab Notes

TOPIC: Find out why you say Yes

EPISODE #32

NOTES/TAKEAWAYS:

EXPERIMENT:

Think about the reasons why you say yes to a certain behavior. Make a list of:

- What you think this behavior gives you or how it benefits you
- The reasons others (friends, media, society) give for why people indulge in (or abstain from) this behavior.
- How you feel about others who exhibit this behavior.

Reflect on how you feel about this behavior now that you understand it from more angles. And keep this list handy for the next time you feel like just saying NO isn't going to cut it

OBSERVATIONS:

FURTHER EXPERIMENTS: