



Change Academy Lab Notes

TOPIC: How do you want to engage?

EPISODE #38

NOTES/TAKEAWAYS:

EXPERIMENT:

Choose a situation or thought that you've decided deserves your attention and write a few sentences about it. Then, see if you can pick up a tone by asking yourself:

- What verbs are you choosing?
- What metaphors are you using?
- How do these make you feel?

Can you think of other language or metaphors that create a different feeling?

Does that feel better or worse?

Decide what way of engaging serves you best and start to use that language in relation to this situation.

OBSERVATIONS:

FURTHER EXPERIMENTS: