

3 minute thoughts

Episode 4 Trust starts with me

THE IDEA

Spend a few minutes uncluttering your mind.
Make space to get your thinking

- Simple
- Clear

Let's stop assuming people know what you're thinking and needing.

Invest your energy into the worthy work of looking inside. Find your own sense of need and the words to match it.

THE QUESTION

What do I tune into *for me, in me*, about my need, so I can turn outward to speak up about that need?

- To family
- To team
- To boss