

## 5 day challenge - THE GOOD REASON

### DAY 1 – OBSERVE YOURSELF

Is there a moment today when you judge or evaluate someone? Who are you judging and why?

---

### DAY 2 – PLEASE COUNT

How many times today do you come to a negative assessment of someone you work with?

---

### DAY 3 – REFLECT – ABOUT YOURSELF

What does your negative assessment of others tell you about yourself?

---

### DAY 4 – THE GOOD REASON

What might the GOOD reason be for your colleague, your boss, your customer – or whoever it might be – to say that they said or do what they did?

---

### DAY 5 – SHOW INTEREST

Be brave and ask someone what the GOOD reason for his or her behaviour is.

---