

**Journaling tips**

Reflecting on the situation, did you use words or actions to create a positive impact?

How did those affect the person? How did those affect you?

Is this an action you could add to your daily routine/speak?

Positive words or actions I could use? \_\_\_\_\_

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What was the impact of those words or actions? \_\_\_\_\_

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How can you build this into your daily routine? \_\_\_\_\_

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**Pro tip**

Exercising positive words and actions creates a positive environment to foster better relationships and improved performance.