

6 WAYS YOU CAN TAKE ACTION

FEELING

Have you FELT differently?

Empathized? Loved? Worried?
Felt inspired? Admired?

SAYING

Have you SAID something?

Explained? Informed? Told? Asked?
Discussed? Debated? Thanked?

HAVING

**Do you HAVE more of
something?**

More knowledge? Respect?
Care? Determination?

THINKING

**Have you THOUGHT
differently?**

Changed your mind?
Wondered? Inquired?

DOING

Have you DONE something?

Helped? Given?
Picked up? Turned off?

BEING

**Have you BEEN a different
person?**

Changed your behaviors?
Been more patient? More respectful?