



Level One Episode Guide

EPISODE 5: Try Something Different

Creating a world of work where people discover their significance and purpose

“The curious paradox is that when I accept myself just as I am, then I can change” - Carl Rogers

- 1 All behavior is accessible to human beings. Some behaviors require more energy for each individual. Behavior change and sustaining it is a process, not a singular event.
- 2 Part of building a behavior, is recognizing what is working well and what is not working well and building self-awareness around those behaviors.
- 3 To build self-awareness and insight, practice the following:
 - Be present in the moment.
 - Reflect on how you view yourself. What mindset do you have?
 - Consider how others might see you. Ask for feedback and engage in assessments.
- 4 Do something different. Shift from problem identifying mode to problem solving mode. For example: Instead of saying to yourself, “Don’t do that” instead say, “Try that” or “Do that again.”

How and when can you incorporate self-reflection and insight into your daily life?

In a situation when you are inclined to rely on a default behavior, what other behavior could you try that would be useful?

Consider those you are in relationship with. How could they help you shape and learn new behaviors?