

# Your **CLEAR** Calling

## *Module 10*

**Embody Emotional  
Resilience, Part  
II - Communicate  
with Confidence  
and Clarity**



***1. Did you notice yourself in any Downward Spirals, and were you able to pull yourself up and out of it?***

***2. What did you notice about your communication and what happened when you started to use timeframes to communicate clearly, whether it was at work or with your family?***

***3. Did you practice saying no? What did you observe if/when you did it?***



***4. What can you appreciate about what you've accomplished in your project, no matter where you are?***

***5. A true act of leadership is to appreciate yourself. What can you appreciate about how you've shown up for the course and for yourself over the last 3 months?***



# Complaints

Have you noticed how a complaint can affect your mood? It could be your own complaint about yourself, or a complaint around someone else.

A complaint is simply a commitment to something else. If you can convert your complaint into a commitment, you'll be able to then use language to move your commitment forward.

***1. What's your biggest complaint right now?***

***2. What is the commitment that is underneath the complaint? How can you use a request to shift back to your commitment?***



# Filler words

We use these words to fill in space, when what they do is interrupt listening. Spend this next week taking a word diet:

Um, hmmm, I think, you know, uh-huh, sort of, kind of, try, just.

*1. What are your most common filler words?*

*2. Once you paid attention to your filler words, can you observe how it interrupts your listening? What can you commit to around filler words and your own intuitive listening?*

