

# THRIVE 75

## Building Stronger Relationships With YOUr Teams, YOUth, and YOU

1. Get Curious-Not Furious.
2. Don't "Ick" other's Wows.
3. "Snap Out" of Negative Thinking-try 50 snaps.
4. Engage Empathy
5. Connect before YOU redirect.
6. Bring YOUr best possible self to work each day.
7. Call people by name and pronounce the name correctly.
8. Smile with YOUr eyes and mouth.
9. Listen without judgement.
10. BE WHERE YOUR FEET ARE.
11. Circle up.
12. Make time to play.
13. Set intentional presence-decide how YOU will show up?
14. Lean into trust.
15. Be authentic.
16. Be vulnerable.
17. Tap into YOUr strengths.
18. Celebrate the strengths in others.
19. Reflect on YOUr purpose.
20. Do things WITH people, instead of TO them or FOR them.
21. Ignite sparks and nurture interests.
22. Emotions are contagious-what are YOU sharing?
23. Appreciate and value others.
24. Walk YOUr talk.
25. Reflect upon and restore relationships.
26. Words matter.
27. Non-verbal comments are louder than words.
28. Believe in YOUrself to believe in others.
29. Separate the deed from the doer.
30. Model the behaviour YOU wish to see.
31. Say Thank YOU often - and give a why.
32. Mindfulness is a superpower...practice-practice-practice.
33. Everyday, YOU are doing the best YOU can - and so is everyone else.
34. Assume positive intentions.
35. Create space and structures for building belonging.
36. Clear communication is kind.
37. Breathe: In for 4 breaths, hold for 7, exhale for 8.
38. Nourish to Flourish.
39. Pulling weeds doesn't grow the garden.
40. Breathing in "I do my best" breathing out "I let go of the rest".
41. Strengthen YOUr response-ability.
42. Between stimulus and response is a space to breath.

43. Reach out, step in, and step up.
44. Learn something new about someone else.
45. Make learning exciting.
46. Fail forward.
47. Think beyond the box.
48. See things from their perspective.
49. Ask questions.
50. Resist the tech. and listen.
51. The more reflective we are, the more effective we are.
52. Don't give up on a relationship.
53. Own YOUR challenges.
54. Say sorry... and why.
55. Impact matters more than intentions.
56. Give feedback-even when it is challenging.
57. Recharge YOUR batteries.
58. Give YOURself some grace.
59. Give others the benefit of the doubt.
60. Think before YOU speak.
61. Be an upstander.
62. YOU choose your attitude.
63. YOU can control what's in YOUR hula hoop and influence what is outside.
64. Respond with a "Yes...and".
65. Embrace the "ouch".
66. Do random acts of kindness.
67. Jump for joy.
68. Take students and colleagues on an awe walk.
69. When giving feedback-try S.O.S- SPOT a strength, OFFER one question, STATE a suggestion.
70. Character over compliance.
71. Individuals want to be lead, not managed.
72. Magic happens when YOU are out of the comfort zone.
73. Stop "shoulding" on YOURself.
74. Influence, Inspire, Ignite. Make SHIFT happen.
75. Programs don't change people. People change people.