

Going with the good - 4th quarter holiday joy assignment log.

Date	Assignment #6	Describe what you did	Insights/Notes/Thoughts	How much joy did this give you on a scale of 1-10 with 10 being top joy
Monday, December 10	<p>Watch others and learn. This week put your negativity radar out there and hone in on every single episode of negativity you see demonstrated by the people you encounter. First, let go of any judgment about their negativity, which is a negative itself. Second, identify what happened that seemed to trigger their negative reaction. Third, connect with that person on a sympathetic level for whatever is driving negativity through them, because the capacity for going with the not good is resident in all of us. And last, don't be that person today. Figure out what you would do to go with the good if you were in that person's place, having that person's experience.</p>			