

To begin this month, reflect on each disposition related to languaging and self-care. We will ask you to return to this at the end of the month to see if any changes have taken place. Note, this list is not necessarily a list of goals to accomplish, but rather a collection of ideas to guide your self-care efforts in each area.

	This is a primary area of focus for me this month. (Pick 3-5)	This is a secondary area of interest for me this month.	I would like to reflect on this but it is not a focus area.	I'm not sure.
Disposition 1: Suspend judgment				
• Notice without passing judgment.				
• Move beyond assigning blame.				
• Reserve assigning value and gather more information.				
• Ask fundamental questions to challenge unconscious presuppositions				
Disposition 2: Participate with intention				
• Know your capacity and give yourself permission to opt out or double down.				
• Practice the art of knowing your needs.				
• Honor your boundaries.				
• Ask fundamental questions to challenge unconscious presuppositions.				
Disposition 3: Elevate the discourse				
• Cultivate a gracious internal dialogue.				
• Practice generous assumptions with others.				
• Tend to your own side of the street and mind your own business.				
Disposition 4: Support others' intention				
• Respect others' capacity and give them encouragement to opt out or double down.				
• Honor the boundaries of others.				
• Reserve assigning value to the choices others make.				
• Challenge others to hold themselves to their own intention.				
Disposition 5: Prioritize mental and physical health (Also see Disposition 2 above)				
• Schedule time each day to reflect on your own needs and make time for them.				
• Add wellness to your To-Dos				
• Encourage the wellness of others.				

Why did you pick your primary areas of focus?

What are you hoping the outcome of focusing on these components will be?