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SELF-FACILITATED CLARITY AND INTENTION EXERCISE TO PREPARE FOR ANY CONVERSATION

NOTE: This exercise is intended to help distinguish the “baggage” of pre-conceived judgements and worries that each of us habitually bring to each new encounter, and to stimulate the creative envisioning of a desired outcome. It also calls on the participant to look at his or her own commitments, generosity, and intentions in the encounter.

1. WHAT AM I COMMITTED TO CREATING IN THIS MEETING OR CONVERSATION?
WHAT OUTCOME WOULD BE POSITIVE AND INSPIRING? WHAT IS AT STAKE?

2. WHAT CONCERNS, WORRIES, FEARS, OR JUDGEMENTS DO I HAVE THAT I AM
WILLING ACKNOWLEDGE AND SET ASIDE?

A. CONCERNS OR JUDGEMENTS ABOUT THE OTHER PERSON(S)

B. CONCERNS OR JUDGEMENTS ABOUT MYSELF

3. WHO OR WHAT AM I COMMITTED TO BEING IN THIS MEETING OR CONVERSATION?
WHAT AM I COMMITTED TO CONTRIBUTING?

4. WHO OR WHAT AM I COMMITTED THAT THE OTHERS IN THIS CONVERSATION ARE?
WHAT WILL I LISTEN FOR?

5. WHAT DO I WANT TO LEARN ABOUT IN THIS MEETING OR CONVERSATION?

6. WHAT DO I WISH TO REQUEST OR PROMISE?

A. I WILL PROMISE

B. I WILL REQUEST

7. WHAT CAN I APPRECIATE OR ACKNOWLEDGE THE OTHER PERSON(S) FOR?