

Chapter 9: Agility

ONE-MINUTE WORKOUT

Take one minute to reflect on your answers to the following questions: How do you react when you're caught off guard? When someone criticizes you? When someone snaps at you? On a scale of one to ten, how thoughtful is your reaction in each of those situations?

Now, Think about how you want to respond instead. What would be different? What's one action you could take to get closer to that desired response?

This will require practice! If you don't succeed the first time, don't worry. That's normal. Keep working at it, and that desired response will become a new normal for you.

REPLAY

Agility is:

- Responding instead of reacting
- Being more intentional in difficult situations
- Creating a time-out
- Identifying choices
- Eliminating the "jerk" from your knee-jerk reaction

Agility is not:

- Defaulting to your first reaction
- Doing what feels good in the moment, regardless of consequence
- Blaming the other person



THINK QUESTIONS

- What choices do I have?
- How can I call a time-out?
- What opportunities are there for connection?
- What's the outcome I want? What response will help me get there?
- How can I understand what the other person is feeling?

TRAINING PLAN

- Practice "connect, then content."
- Open up and be vulnerable.
- Consider your choices, and don't act on the first one.
- Take responsibility.
- Slow your roll.