

# Principles for Working Together (Playing Well with Others)

## Respect

- Respect Each Other (do what you say you will do)
- Respect Yourself (always maintain integrity)
- Take care of this process / This conversation / This relationship
- Assume Goodwill
- Give “I won’t let you down” Service
- Trust your teammates’ intention

## What you Focus on Expands

- Positive energy breeds positive energy
- Negative energy breeds negative energy

*Focus on positive energy ALWAYS*

## Basic Rules of Engagement in our Relationships\*

- **Listen** closely and carefully
- Show **respect**
- **Participate** willingly in difficult conversations
- **Remember** that neither attacks nor defensiveness does much good when you aim for real communication
- **Express** your differing views lovingly
- **Celebrate** each other’s strengths and humanity

\* From Karen Olson, Editor of Utne Magazine / Nov-Dec 2004

## A Protocol for calibrating your presence in a Meeting

- Introduce yourself and how you are doing...  
Rate yourself from 1 - 10 for the following:
  - Energy – Physiology
  - Openness – Attitude
  - Focus – Presence

## Observe the Four Agreements

- **Be Impeccable With Your Word**  
Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.
- **Don't Take Anything Personally**  
Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
- **Don't Make Assumptions**  
Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
- **Always Do Your Best**  
Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.

From "The Four Agreements: A Practical Guide to Personal Freedom" (A Toltec Wisdom Book) (Paperback) by Don Miguel Ruiz

For more information go to his website:

<http://www.miguelruiz.com/>

## Leadership

- Leadership equals affirmation
- It's all about celebration of the other .... Making others happen
- The Servant Leader supports the success of others

## **A Caution: Do not break trust**

- When trust is broken . . . We move to survival mode
- When we are in survival mode . . . We give up our values
- When we give up our values we feel unsafe and we cause others to feel unsafe and insecure
- When we feel unsafe and insecure we withdraw our valuable investments of time, energy and money