

# **The Healthy Leader**

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## **Creating Communication**

**Turning Inner Awareness  
Into Powerful Connection**

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**Lead Yourself First. Lead Others Better.**

*by Traci Fisher*



## **A Note from Me to You**

I used to think good communication was about saying the right thing at the right time.

Now, I believe it's something deeper.

It's not about perfect words or polished delivery. It's about being willing to slow down and listen—first to yourself, then to others. It's about letting your voice reflect what really matters to you. And most of all, it's about practicing, not performing.

This month isn't about getting communication right. It's about getting honest with yourself and in your conversations with others. You won't find a script in these pages. What you'll find is space. Space to explore what you believe, how you respond, and what kind of connection you want to create.

There is no single way to do this work. There is only your way. That's what we're here to uncover.

### **Discover**

Begin by paying attention to how you speak to yourself, particularly in moments of tension, doubt, or discomfort. The voice in your head shapes the one you use out loud. Listening without judgment is where clarity begins.

### **Design**

You'll gently shape how you want to show up in conversation, with more alignment between what you think, feel, and say. This isn't about being eloquent. It's about being real.

### **Dare**

This part can feel vulnerable. You'll try new ways of speaking, listening, and showing up. Some attempts will land. Others might feel clunky. That's okay.

The goal isn't perfection. It's presence. And it's progress on your own terms. The truth is, your voice doesn't need to be louder or more impressive. It just needs to be yours.

With you in the quiet, courageous work,



# Creating Communication

## **Turning Inner Awareness Into Powerful Connection**

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- The Most Important Voice of All
  - Listening with Intention
  - The Secret to Powerful Conversations
  - Monthly Opportunity: Creating Powerful Communication
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**Traci Fisher**  
The Healthy Leader Group



## The Most Important Voice of All

This most important voice is the one we most often overlook.  
It is the voice that is communicating with you constantly.  
And that voice is YOURS.  
It is the voice inside your head.

The voice inside your head is the most important voice of all because it is always with you. The voice inside your head can be heard clearly and it can also be very quiet. Almost inaudible. Knowing what is going on inside your head is the most important work that you can do. It is the work that we are doing here!

The voices in your head are simply thoughts.  
Thoughts are sentences in your head.  
The thoughts that you have over and over again become beliefs.  
Where do those beliefs come from?  
They are learned.

You learn through your parents, your teachers, your culture, and your experiences. All of the beliefs that reside in your head right now have been given to you. **And you accepted them.**

Most of us accept those thoughts, those sentences, those beliefs without question. But here's the thing, you don't have to. All thoughts are 100% optional.

The fact that thoughts are optional is one of the most powerful things I have ever learned. Because when we know that our thoughts and beliefs are optional, that they are not set in stone, then we create a space where we can step back and decide if we want to keep them. We decide how we want to communicate with ourselves.

### **How are you communicating with yourself?**

In order for you to decide if you want to keep thoughts, you have to first know what they are. That is why our work always revolves around knowing our thinking.

The best way to know what you are thinking is to listen! One of my favorite ways to do that is to sit quietly and just listen. See where your thoughts go. Then, take time to write those thoughts down. I call this process a thought download.

It is simply you taking your thoughts and putting them down on paper.

*Thoughts*  
*are*  
*100%*  
*OPTIONAL.*  
● ● ● ● ● ●

A funny thing happens when you start doing this. It's a bit like digging in the ground. Initially, you are simply relocating the topsoil from one location to another. You have pretty much seen the soil before, and you are just moving it. But once you start to dig down, you can now see soil, bugs, water, and all sorts of things you couldn't see before.

THAT is what we want to get at.

Now, I will warn you that as you start to dig, you may not want to know what is in there! That's ok. That is totally normal. Remember that you are not your thoughts.



I encourage you to resist the temptation to stop digging! Some people discover thoughts that they don't want to have or that they "know better" than having. But that is the whole point!

Your thoughts significantly impact the way you live your life and the results you create. If you want to change your results, you get to change your thinking!

A significant part of this month's work is determining what you are saying to yourself.

How are you communicating with yourself?

What are you saying about other people?

What are you saying about a particular circumstance or challenge?

What do you make other people's actions mean?

What do you say to you about you?

The best way to answer all of those questions is to do a thought download.

Get all of your thoughts down on paper daily.  
Get it all out so that you can see it.

A great way to get to the thought that you need to see is to keep asking the question, so what?"

**Keep  
asking  
yourself,  
"So  
what?"**

For example, if you are telling a story about how you are upset because your partner never cleans up after themselves, don't stop there. Ask, "So what?" As in, "So what if they don't clean up?"

Keep asking "So what?" until you figure out why it matters to you and what you are making their actions mean. Does it mean that you have to do all of the work, and you are tired, and you don't have enough energy, and are feeling physically run down, and it's all their fault? Or are you making it mean that they don't respect you or don't care about you?

Asking "So what?" allows you to get to the heart of **why** this topic matters to you and why you are thinking about it. This process reveals your voice, your beliefs, and most importantly, why you are feeling angry. It reveals how you communicate with yourself, which is extremely important because it will certainly impact the way you communicate with your partner. Even if you don't say anything, you may huff and puff silently.

**You are not angry because of your partner's behavior.  
You are angry because of your thoughts about their behavior.**

Once you see what is underneath, then you have the opportunity to decide if you want to keep that voice or not. You get to decide whether you want to continue communicating with yourself in that manner. Maybe you do, maybe you don't. But if you don't listen, then you certainly cannot change it!

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## **Your voice is the most important voice of all.**

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The way you speak to yourself influences how you talk to others.

Don't censor it.

**Listen to yourself.**

**As you listen, do so with clarity, compassion, and courage.**

Be curious about what you are saying and why.

You have a reason for thinking the way you do. Ignoring or pretending your thoughts don't exist doesn't serve you.

Seek to understand yourself better.

That is the power of listening to your own voice.



## **Listening with Intention**

One of our most fundamental human needs is to be connected with others.

It's in our nature to want to be a part of a group. Being a part of a tribe was an essential aspect of our very survival as a species.

Two key elements of being part of a tribe are a shared interest and the ability to communicate effectively with one another.

There is a Zulu greeting, "**Sawubona.**" This greeting carries the worth and dignity of each person. It literally means, "I see you." Sawubona is infused with the belief that when others "see me," then I exist. This concept is at the very heart of effective communication.

We all want to be seen.  
We all want to be heard.

Often, we are more concerned with saying what we want to say or getting our point across rather than truly listening for what the other person has to say.

When you listen to someone, you are valuing them.

The skill of intentional listening fosters communication and connection with others, enabling genuine empathy.

**Empathy is the respectful understanding of another person's experience, including their emotions, needs, and desires.**

**Empathy is required if we want to truly understand and see another person.**

**Empathy is required for optimal communication.**

## **Non-Violent Communication**

There is a communication process called Nonviolent Communication (NVC), created by Marshall Rosenberg in the 1960s. It focuses on three aspects of communication:

- ⊙ **Self-Empathy**: Deep and compassionate awareness of one's own inner experience
- ⊙ **Empathy**: Understanding and sharing emotions expressed by another
- ⊙ **Honest Self-Expression**: Expressing oneself authentically and in a way that is likely to inspire compassion in others



NVC is based on the idea that all human beings have the capacity for compassion and that we resort to violence (or behaviors that are harmful) only when we are unaware of another way to meet our needs.

The four components of the NVC framework include:

- Observations
- Feelings (Emotions)
- Needs
- Requests

Listening with intention involves actively separating those components. This is very similar to the work we do with the XTEAR Model, where we break down our stories (what we communicate to ourselves and others) to gain more clarity.

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*All humans  
have the  
capacity  
for  
compassion.*

.....

### Non-Violent Communication and the XTEAR Model

**X**

Observe the  
eXternal  
Circumstance

The X in the model represents the eXternal circumstances. The X represents the facts. When we identify the X, we are, in fact, making an observation. The ability to distinguish between evaluation (thoughts) and observation is crucial for creating effective communication.

**T**

Express Needs  
Thoughts

Identifying Thoughts in the XTEAR model involves recognizing the patterns of our thinking. Our thoughts reflect our values and needs. NVC emphasizes listening for the needs. When we figure out what we or another person is thinking, we move towards understanding the true needs behind someone's words and behaviors.

**E**

Express Feelings  
Emotions

It is our thoughts (not what the other person is saying) that directly impact our Emotions (feelings). This is huge! You are responsible for your emotions during all communication!

**A**

Make a Request  
Actions

The crux of NVC is to be aware of how our thoughts and emotions influence our behavior and communication. One way to be "non-violent" in our communication is to make requests. Making a request is a specific Action.

**R**

Results

The bottom line is that when we listen with intention, we are integrating NVC into the XTEAR Model. Then, through effective communication, you create the Results you want and live in alignment with your Vision.

## Differentiate between Thoughts and Emotions

One of the most important aspects of listening with intention is to look out for the thoughts and emotions behind someone's words. Listen for the need behind the words. Do this for both yourself and others! Be on the lookout for the words you choose when you are expressing your thoughts. Many of us are in the habit of confusing thoughts and emotions when communicating.

### Examples of Thoughts Masquerading as Emotions

**"I feel like a failure."**

**"I feel like it is useless."**

**"I feel like you are controlling."**

**"I feel inadequate."**

When you hear, "I feel like a failure," what does that really mean? Use the XTEAR Model to get underneath the topsoil. For example, maybe the X is that someone was fired. The thought "I feel like a failure" produces an emotion. What is that emotion?

The emotion isn't failure. Failure isn't an emotion! It is a result or an experience. So what's the emotion?

Perhaps it is regret. What is the regret about? This is where we can unravel the actual need behind the words. Perhaps the regret stems from leaving good friends at work. So the need is connection. Or perhaps the regret is for not speaking up at certain times. That need is for understanding. When you can see the need, then and only then can we strategize a solid solution.

**The ability to listen intently for thoughts, emotions, and needs behind the words is a meta-skill that is at the crux of listening with intention.**

And, here is the best part!

When we listen with intention and are empathetic towards others, **we are the ones who experience compassion.**

The experience of compassion feels good in our bodies! Literally!

This is particularly important to remember, especially when we find ourselves in a challenging situation.

Being able to listen with intention and cultivate compassion is beneficial for both ourselves and others.

## Three Steps to Listening with Intention

### Step #1: Identify the eXternal Circumstance (Make Observations)

The first step is to differentiate between what is being expressed (verbally, via email, text, etc.) and our thoughts about it. We do that by making observations.

A good way to observe is to limit our description to the five senses: sight, hearing, taste, smell, and touch. The key here is to focus on making observations rather than evaluations.

Evaluations are your thoughts about the situation.

Observations are just the facts.

For example:

"I failed to exercise last week" is an evaluation.

"I went to the gym once last week" is an observation.

### Step #2: Identify Thoughts and Emotions (See the Need Behind the Words)

Identifying the thoughts, emotions, and needs behind the words is the second step. Needs go beyond the basic physiological needs of food, clothing, and safety. We also have needs that represent our values, wants, desires, and preferences for a more meaningful and happier experience.

Our needs differ at different times, but there are universal needs, such as connection, love, and belonging, that we all share. When we listen with intention, we look for those needs.

This is sometimes easier said than done!

**For example, if a child yells, "I hate you!"** it is understandable that parents might react with anger and want to put a stop to that language immediately. However, the truth is that we really want to understand why our child might be saying that in the first place. What are they thinking? What is the need behind those words? How are they feeling? Are they feeling isolated? Alone? Unloved?

When we are listening with intention, **our focus is on the other person's** thoughts, emotions, and needs. We want to be curious about what is going on with them.

To be clear, that doesn't mean that we ignore our own needs. It doesn't mean that we won't respond with a boundary or consequences for behaviors. What it does mean is that, in the midst of chaos and miscommunication, you are able to handle your thoughts, energy, and response more effectively.

When we take the time to consider the other person's thoughts, emotions, and needs, we are establishing effective communication before we even speak. Creating communication happens in your mind and heart first!

### **Step#3: Reflect Back (Your Action)**

Once you are clear about the situation and the emotions, thoughts, and underlying needs, it is time to choose your next right action.

In terms of communication, we are discussing how you will respond to the person. This is where you get to strengthen your relationship and move towards a specific result... or not.

When listening with intention, it is essential to recognize that there are three primary elements to focus on: intention, expression, and interpretation.

**① What the person intends to communicate.**

**② The verbal or non-verbal expression of the communication.**

**③ Your interpretation of the communication.**

When you engage in your final step in intentional listening, to reflect. That includes both the words you heard (#2) and also what you thought the person meant or wanted to express (#3).

This step is really important! What a person intends to say (#1), what they say (#2) and what you are making it mean (#3) can all be very different. Reflection is a way to clean all of that up!

We can avoid so much pain, confusion, and consternation, and save time, if we take a moment to reflect. When we reflect to another person, we are demonstrating that we are attempting to see them. We are showing that we care about them. It doesn't even matter if we heard them correctly or not at this point.

The action of reflection conveys respect and immediately creates trust and rapport.

When you take the time to listen with intention, you are in a place of power.

You are setting the stage for real communication.

You are practicing leading yourself.

You are modeling what communication looks like.

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## The Secret to Powerful Conversations

An essential part of being a leader is knowing how to have powerful conversations. Conversations are at the heart of creating and maintaining valuable relationships, as well as achieving unprecedented results. It is easy to miscommunicate or not even communicate at all when we are moving through extremely scheduled lives.

Many of us feel like there isn't enough time in the day to get things done, which often affects the way we communicate with others.

The ironic thing is that if we actually slow down and practice thoughtful communication, we actually save time! The few moments it takes to be clear can save a significant amount of time spent clarifying confusion.

I know that I have spent time and energy repeating instructions or clarifying what I wanted when I thought I was clear the first time. And I wasn't. I also know what it is like to spend time being upset over something that I totally misunderstood. If you are like me, you would much rather spend time connecting and having meaningful conversations the first time around!

So, how do we do that?

I'd like to share with you a three-step process that has helped me communicate more effectively. All you have to remember is: commit, connect, and convey.

### 1. Commit to Your Vision and Results

The first part of a meaningful conversation is to get clear on what you are committed to. After the conversation is over, what do you want to have created?

Is there a specific outcome you are aiming for?  
Are you trying to close a deal? Increase intimacy?  
Gather information or learn about another person?

I like to think of this as "giving feed-forward" (instead of feedback). When you fast-forward to the end of the discussion, what would you want to say about it? What would you want to say about you?

An extremely important element to this is defining who you want to BE during the conversation. This speaks to your values, leadership, and your **V**ision of yourself and who you are in relation to this person.

So, begin with a commitment to the **V**ISION of who you want to be and what **R**ESULT you wish to create.



## 2. Connect with yourself and the other person.

The second part of creating powerful conversations is to connect.

Connect with both yourself and the other person. We started off by talking about the most important voice of all – the voice in your head. Before you begin a conversation, get in touch with that voice. Get in touch with what you are thinking and feeling. Get in touch with your needs!

Take the time to clarify your thoughts and become aware of the emotions you are creating with your thinking. Remember that your emotions are never caused by what someone else says or does. Your thoughts cause your emotions.

The best way to connect with yourself, especially before a potentially difficult conversation, is to spend some time alone and simply listen to what is going on within you. Be quiet and just listen.

Then, take a few moments to write out your thoughts and put them into the XTEAR Model. Your brain won't want to do this. You will want to get to the conversation and move on!

But, I promise you that if you take even a few moments to connect within and see what is going on in there, it will be well worth it.

You will show up much more relaxed and open. Your experience of the conversation will be much more fulfilling. You will feel mentally and emotionally organized.

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**Take the time to listen and connect to yourself  
so you show up to the conversation with a clear mind and heart.**

.....

Once you do that, you are better able to connect with the other person.  
That is the art of listening with intention.

The ability to connect with yourself and be authentic and vulnerable is a meta-skill.  
When you combine that with a true desire to witness another person's needs, you are setting the stage for a meaningful conversation, no matter how the other person shows up!

This is self-leadership and leadership rolled into one!

### 3. Convey (Receive, Reflect, Request)

To convey means to express. Once you have committed to the end result and connected with yourself and the other person, you have a clean slate and are ready to share and express authentically. I have organized the process of conveying into three steps.



#### Receive:

To receive means to make sure that the other person is complete in sharing. Remember that we all want to be seen. Most of the time, we are so busy trying to be seen, respected, understood, and valued by others that we forget to do that for others first. Giving someone this courtesy is respectful and powerful.

In order to ensure that another person feels heard or received, you might ask, "Is there anything else you'd like to add?" And then you wait. Pause. Be genuinely interested in what else might be in that person's mind. And then be sure to listen intentionally.

#### Reflect:

The next part is to reflect. Reflect back, as succinctly as possible, what the other person has said to you. This is where you can use the Goldilocks Principle! Too little reflection might look like saying, "Uh-huh. Uh-huh. I get it." Too much reflection might be repeating what they said from start to finish. Choose the right amount of words that reflect what you heard as well as what you thought they meant.

Notice that these first two elements of **Receiving and Reflecting** are focused on the other person. This isn't always easy to do! It is especially difficult if we feel hurt or like we haven't been heard.

**It takes courage and strength to receive and reflect back to someone.**

I promise you, you will never regret spending time being compassionate and empathetic to someone else.

And here is why...



No matter what your relationship with them ends up being, the way you listen and respect others is training for how you do the same for yourself.

The practice of truly seeing another person always supports your practice of seeing yourself. Leaders are often skilled at self-criticism and self-doubt. That voice in our heads is not very nice at times! Don't be surprised at the words you hear and the judgment.

It's normal and really common.

AND...you have the option to change it whenever you want.

When you receive and reflect, you are strengthening your relationships.  
All of them!

You understand yourself better.

You are better able to see why you do the things you do.

You are able to see why others do the same.

Then, you can take massive action that is pointed in the right direction!

### **Request:**

Once you have received and reflected, then it is your turn to make a request.

Making requests, versus demands, is an integral part of Rosenberg's NVC.

The language of requests sounds like this,

**"Would you be willing to..."**

**or**

**"What agreement would you be willing  
to make in this situation?"**

The power of this type of language is that it respects the other person's autonomy.

Nobody likes to be told what to do!

When you are able to communicate with the 3C's of commitment, connection, and conveyance, then you are creating powerful conversations.

Of course, this takes practice!

And that is exactly what we are going to do together this month!

## **Monthly Opportunity - Creating Communication**

This month, you have the opportunity to practice communicating on another level with both yourself and other people. Communication, internal and external, is critical, and you have limitless opportunities to communicate verbally & non-verbally.

**In this exercise, you have the opportunity to:**

- Increase self-awareness as you listen to the voice in your head and recognize the impact it has on your emotions, actions, and results
- Increase the effectiveness of your communication skills through the power of intentional listening
- Strengthen your relationships through intentional, honest, and purposeful communication

### **Creating Powerful Communication Exercise**

**Part One:** The first part of this opportunity is all about listening to your inner voice. Take a few minutes at the start of the day to truly listen to yourself. Listen to your voice, write about it, and then organize it into the XTEAR Model. Utilize this practice to prepare yourself for the important conversations of the day!

**1. Listen to Your Voice:** Start every day listening to what is going on inside your own head. Spend a few minutes just listening. Do this by finding a quiet place where you will not be disturbed by other people or technology. Then, close your eyes and listen. Listen to what is being said in your head as an observer. Watch the movies that are being played. What you are doing here is utilizing meta-awareness. You are being conscious of your thoughts, emotions, and needs. Notice how long you stay on one topic. Notice how your brain makes connections. Notice if you are problem-solving, blaming, criticizing, or defending. There is no judgment about what is. Spend at least 5 minutes just sitting and listening.

**2. Complete a Thought Download:** Once you are done listening, take a few minutes to write down your thoughts. It is essential here that you refrain from censoring yourself. Remember that we want to get beneath the topsoil. We want to see what is underneath and become aware of it.

**3. Complete an XTEAR Model:** Next, zero in on a particular thought or belief that stands out to you. Put that thought in the T line of the model. From there, identify the 1) eXternal circumstances, 2) the emotions that the thought causes, 3) what actions that particular emotion leads you to, and then finally, the 4) result that those actions create in your life.

Once this is completed, just notice what is. Spend a few minutes understanding why you would feel this way. Give space for your voice to be heard and be with it without trying to change it. This is an exercise in self-compassion. It is necessary because we want to notice and honor what is. When we do this, space and opportunity for change are much greater.

**Part Two:**

The second part of this opportunity focuses on utilizing the skill of intentional listening to enhance your communication abilities. This process is an opportunity for you to practice **committing, connecting, and conveying** the best communication possible!

**Commit:**

Choose one opportunity each day to practice strong communication. Review your day's events and identify areas where you can practice effective communication. You may choose a challenge that you are having at work or within your family. Or, you may even think about an area of your life that is going well that you want to sustain or level up.

**1. Identify the opportunity and write it out in the eXternal circumstance line.**

*For example: X = Conversation with my child about coming in late the previous night.*

**2. Write a concise statement that conveys your commitment to your Vision of who you want to be in that particular relationship, challenge, or scenario. Start the sentence with "I am ..."**

*For example, V=I am committed to being a loving and safe parent with consistent boundaries and rules.*

**3. Write the specific Result that you are committed to. Start your sentence with "I am committed to..." and be very specific about the outcome you aim to achieve.**

*For example, "I am committed to sticking to my plan of giving consequences lovingly and strengthening our relationship regardless of my child's response."*

**Connect:**

This is your opportunity to connect first with yourself, to notice your own thoughts and emotions. It is also an opportunity to refine them and select specific thoughts and emotions that will help you converse with this person in the most positive way possible. The first part of the connection process is all about taking responsibility for yourself. This is an important part of the process because it sets the tone for how you will show up in the conversation. Go back to your commitment and think about what thoughts and emotions you want to create in order to **Be** that version of yourself during this conversation.

**4. Connect with yourself. Identify what emotions and thoughts you would need to generate during this conversation.**

*For example, E=Calm T=My child has enough inconsistencies in their life. I am not one of them.*

Once you have committed to your **Vision** of who you want to be, the **Result** you want to create, and cleaned up your own **Thinking** and **Emotions**, then you are ready for the conversation!

As the conversation begins, you are in connection mode. Now, your focus is on connecting with the other person. This is your opportunity to practice intentional listening. This is where you get to hear their side of things. This is where you connect with their thoughts, emotions, desires, and needs. This is where you get to clear your mind about what "should" have happened or what will happen, and to be present with the person in front of you.

**5. Connect with them:** Once the conversation is over, go back and take note of how you were able to connect with the other person. Notice what you learned about the situation, the person, or anything! Notice how your attentive listening impacted them and the energy of your conversation.

*For example, I learned that my child is being bullied by their best friend. I had no idea that was going on.*

### Convey:

As the conversation unfolds, at some point, it will be your turn to practice the three steps of conveyance. This is where you **receive** clarification, request more information, or ask if they have more to share. You **reflect** on what you heard as succinctly as possible, and then make your **request** known. For this daily practice, do each one of these in that exact order.

**6. Notice how you conveyed your experience:** Take note of how you conveyed your experience to them. Did you ensure they had provided all their information? Did you reflect back to them what you heard? What type of request did you make?

*For example, I continued asking my child questions like, "Is there anything else you want me to know?" and was surprised at how much more they kept telling me because I was calm. I took the time to reflect on exactly what I heard instead of saying what I wanted to say immediately. This created a space for us to communicate more openly than we ever have. My request at the moment surprised me a little. At first, I thought I was going to ask for their car keys. Instead, I asked for a hug.*

## Creating Communication

The title of this month's work is Creating Communication. And now you know why! Communication doesn't just happen. It is created. You create it starting with who you choose to be.

Remember that when you are conscious and in the moment who you want to BE will supersede anything that you have to say.

Who you are BEing will always show up first, for both you and the people you are communicating with.

Alrighty, let's Create Communication!

## **DAY 1 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 1 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 2 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 2 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 3 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 3 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 4 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 4 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 5 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 5 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 6 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 6 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 7 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 7 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 8 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 8 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 9 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 9 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 10 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 10 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 11 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 11 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 12 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 12 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 13 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 13 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 14 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 14 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 15 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 15 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 16 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 16 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 17 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 17 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 18 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 18 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 19 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 19 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 20 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 20 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 21 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 21 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 22 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 22 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 23 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 23 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 24 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 24 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 25 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 25 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 26 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 26 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 27 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 27 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 28 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 28 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 29 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 29 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?

## **DAY 30 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

**X:**

**T:**

**E:**

**A:**

**R:**

## **DAY 30 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



## **DAY 31 - Part One**

1. Sit quietly and listen to the voice in your head for at least five minutes.
2. Complete a thought download.

### **3. Complete an XTEAR Model**

X:

T:

E:

A:

R:

## **DAY 31 - Part Two**

### **COMMIT:**

1. Identify the opportunity.

**X=**

2. Define your commitment to your VISION of who you want to be.

**V= I am**

3. Define your commitment to the RESULT you will create.

**R= I am committed to**

### **CONNECT**

4. Connect with yourself. Identify the EMOTIONS you need to generate in the conversation and the THOUGHTS you would need to think to create that emotion.

**T=**

**E=**

5. Connect with them. During the conversation did you listen with intention? What did you learn?

### **CONVEY (Receive, Reflect, Request)**

6. During the conversation, did you practice receiving, reflecting, and requesting? What did you learn?



Traci Fisher

THE WELLNESS COACH