

# GOOD COMMUNICATION 7 DAYS A WEEK

**MONDAY**

**"I AM HONEST"**



**SAY WHAT YOU MEAN  
AND MEAN WHAT YOU SAY.**

**TUESDAY**

**"I TAKE RESPONSIBILITY  
FOR MY COMMUNICATION"**



**COMMUNICATION IS  
A TWO WAY PROCESS.**

**WEDNESDAY**

**"I DON'T MAKE ASSUMPTIONS"**



**LET GO OF THE PAST - EVERY  
DISCUSSION IS A START.**

**THURSDAY**

**"I ASK THE OTHER"**



**QUESTIONS GIVE THE OTHER THE  
OPPORTUNITY TO BE CLEAR TO YOU.**

**FRIDAY**

**"I QUESTION THE ISSUE,  
NOT THE PERSON"**



**AGREE ON THE TRIANGLE:  
THE OTHER PERSON - THE ISSUE - YOU**

**SATURDAY**

**"I AM NOT ALWAYS RIGHT."**



**I AM WILLING TO  
ADMIT WHEN I MADE A MISTAKE.**

**SUNDAY**

**"I AVOID MAKING  
OTHERS FEEL WRONG"**



**A PERSON WHO FEELS ACCUSED  
WILL BE DEFENSIVE AND  
UNCOMMUNICATIVE.**

*"We have two ears and one mouth so that we can listen twice as much as we speak." Epictetus*