

Tuning In

Tuning In involves analyzing the impact of one's own actions and words on a person's feelings. To Tune In you...

1

Look at what is happening right now. Is it the time or place?

2

Think about your actions. What are you doing or what are you planning to do in this moment?

3

Think about how those actions will make others around you feel. Will your actions make others feel good or bad?

