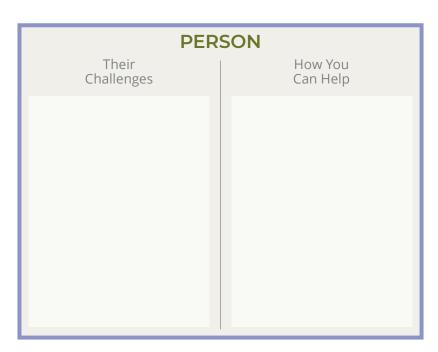


UNSELFISHNESS EXERCISE

A TIME SOMEONE WAS SELFLESS TOWARDS YOU



NO LATER THAN AND BATTLE BUDDY
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"WASH THE PLATE NOT BECAUSE IT IS DIRTY, NOR BECAUSE YOU ARE TOLD TO WASH IT, BUT BECAUSE YOU LOVE THE PERSON WHO WILL USE IT NEXT." - MOTHER TERESA



UNSELFISHNESS RESOURCES

- Watch https://www.ted.com/talks/simon_sinek_why_good_leaders make you feel safe?share=18bcab0a22
 - Write down what stood out to you the most. Share that with a friend or peer and get their feedback.
- Read Leaders Eat Last by Simon Sinek.
 - Summarize each chapter in paragraph.
- Watch https://www.ted.com/talks/stanley_mcchrystal#t-914407
 - Pay attention to the Ranger Creed excerpt at the end. Write down three ways in which you can do something similar professionally. For example, when a subordinate is struggling financially, you could offer financial resources or book recommendations.
 - Commit to helping your people, even if it's after hours and off the clock, to achieve and overcome. Write down the examples of times you do this.
- Devote one hour each week to helping a peer or subordinate, or divide that time among several (i.e. 20 minutes for 3 people).
 Write down what you've learned each week. Continue doing this for one month and summarize what the results were.

- Watch https://www.ted.com/talks/abigail_marsh_why_some_people are more altruistic than others#t-724561
 - Write down your "circles". For example, your inner circle might be family, the next extended family, then friends, etc.
 What circle do your professional relationships fall into? Write down how you can move them closer to your inner circle, or how you can move into theirs. Things like looking at them as a person, understanding some of their current struggles and ways you could help, etc.
- Read https://www.prevention.com/mind-body/emotional-health/research-you-can-become-more-compassionate
 - Practice the 5 methods to grow compassion over the course of a week. Log what you learn and share the results with your supervisor during your next evaluation.