Prosocial Collective Matrix

A noticing exercise to clarify what matters most PROSOCIAL Inner thoughts and feelings What people cannot see 3. What feelings and thoughts may get in the way of me moving 1. What matters most to me about being on this team? toward (1) and (2)? 2. If I were behaving in line with (1) what would I do? experience 4. What might you see me doing when I am experiencing (3)? **Outer Actions** What people could potentially see me doing if they were with me

5. How workable are (4) in the short- and long-term?

6. Noticing the whole of my experience NOW, what else do I need to do

to remain self-aware, self-compassionate and effective?