

## Readiness Self-Assessment

Are you ready to create shared meaning?

- What am I feeling right now and why?
- Why did this event induce this particular reaction?
- Am I able to see the situation from all sides or am I looking at it in a polarized way?
- Do I realize that these situations are complex and not necessarily easily resolved?
- Am I expecting too much from my coworkers, colleagues, and friends?
- Do I have a trusted advisor, friend, or confidant with whom I can be open and authentic?
- Am I fixed in my opinions or am I willing to learn how it might feel from the perspective of the other?
- What energy do I have to expend to learn more about the situation from the perspective of the other?
- Am I willing to put in the time that it will take?
- Am I willing to admit that I have biases and blind spots that may be getting in the way of my judgments?
- Am I willing to cut my coworkers some slack if they don't seem to understand?
- Can I live with the fact that some people really just may not care the way I do?
- Can I live with the fact that I may not be able to make them care?
- Am I willing to be patient and recognize that it may take some time and many teachable moments for my coworkers to understand my perspective?
- Am I prepared for, and comfortable with, agreeing to disagree?