



Observation Activity

Listen to the labels that other people use throughout the day. Make a list. Are those labels true or accurately describing the people that they are labeling?

Labels:	True/False?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Observe the labels that you use for other people each day. Make a list. Ask yourself if they are positive or negative.

Labels:	Positive/Negative?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Focus tomorrow on using only positive labels for others and observe the way they respond.