

WEEK 1

Group Time: Talk It Out

ACCEPT RESPONSIBILITY

In order to harness the Power of Navigation, you must step up to the helm. Your challenge is to accept responsibility for what you say and how you say it—to be attentive and intentional about the way you communicate.

The waters you encounter may be choppy. Another person's angry, harsh, or hurtful words may put sharp rocks in your way. But how you respond is up to you. You control the rudder. You are responsible for YOU!

Think about these questions and discuss them with your spouse, family, friends, and/or small group:

- 1. What sort of circumstances trigger you to go “off course” with your speech?**
- 2. With which person(s) do you experience the greatest communication challenges? Why?**
- 3. Would the person you identified say you are more focused on getting your point across or on understanding the speaker? If asked to evaluate your listening and communication habits, what would he or she would say about you?**
- 4. How often do you blame difficult people or circumstances for your sub-par speech? Why is this an unhelpful thing to do?**
- 5. Identify some ways your personality, feelings, attitudes, assumptions, habits, or past experiences might negatively affect the way you communicate.**

