

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>Ask questions to <u>understand</u>.</div>	<div>2</div> <div>Walk and <u>talk</u>.</div>	<div>3</div> <div>Imagine how others are <u>thinking and feeling</u>.</div>	<div>4</div> <div>Consider the role of <u>compassion</u> in education.</div>	<div>5</div> <div>Prepare for a difficult <u>conversation</u>.</div>
<div>6</div> <div>Ask yourself: <u>What and Who am I Teaching?</u></div>	<div>7</div> <div>Encourage <u>mindful listening</u>.</div>	<div>8</div> <div>Learn to sit with <u>discomfort</u>.</div>	<div>9</div> <div>Encourage the act of <u>reflection</u>.</div>	<div>10</div> <div>Become an <u>admitter</u>.</div>	<div>11</div> <div>Consider different <u>points of view</u>.</div>	<div>12</div> <div>Listen with <u>respect</u>.</div>
<div>13</div> <div>Practice <u>deep curiosity</u>.</div>	<div>14</div> <div>Practice <u>36 Questions</u> with a colleague.</div>	<div>15</div> <div>Listen with <u>respect</u>.</div>	<div>16</div> <div>Write a <u>letter</u>.</div>	<div>17</div> <div>Check for <u>understanding</u>.</div>	<div>18</div> <div>Explore your <u>intuitions</u>.</div>	<div>19</div> <div>Consider our potential for <u>growth</u>.</div>
<div>20</div> <div>Explore your <u>story of meaning</u>.</div>	<div>21</div> <div>Practice being in the <u>present moment</u>.</div>	<div>22</div> <div>Practice <u>small talk</u>.</div>	<div>23</div> <div>Entertain multiple <u>perspectives</u>.</div>	<div>24</div> <div>Discover your <u>style of curiosity</u>.</div>	<div>25</div> <div>Accept conflict as a <u>catalyst for change</u>.</div>	<div>26</div> <div>Consider <u>forgiveness</u>.</div>
<div>27</div> <div>Practice <u>mindful breathing</u>.</div>	<div>28</div> <div>Join Us Today! <u>How to Have Uncomfortable Conversations</u></div>	<div>29</div> <div>Take the <u>Bridging Differences quiz</u>.</div>	<div>30</div> <div>Embrace <u>awe</u> to nurture yourself and others.</div>			