

## **Quality #1: Connecting with People**

### **Empathy and Intuition**

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Awakening Empathy and Intuition  
( 17 ) minutes**
- **Download PDF of Practicum**
- **Listen to Scroll II three times a day**

# Intentional Creation

OG MANDINO FOR THE 21<sup>ST</sup> CENTURY

## Empathy and Intuition

Empathy gives us the ability to put ourselves on someone else's path - put ourselves in their shoes and accurately assess where they are and what they are experiencing. Intuition is a gut feeling or inner sense of knowing. These two essential tools needed for connection are often buried under mountains of noisy and destructive self-talk.

Let's start by uncovering and awakening these two gentle giants. Once awakened, we will use these tools to help us master the characteristics of connecting with people.

### Chicago Dream Key Points

- *What might we drag around in our sack?*
- *Ever been excluded or offended?*
- *Ever suffered from health challenges?*
- *Ever been passed over for a promotion, fired, been laid off or experienced a business failure?*
- *Ever experienced a failed relationship, felt inadequate or incapable?*
- *Ever felt ugly, unworthy or unlovable?*
- *Ever wanted to be someone else, somewhere else, doing something different?*
- *Has anyone ever violated your trust?*
- *Ever lost a loved one?*
- *What might we do in an attempt to forget or avoid remembering these experiences?*
- *What impact could our attempts to avoid the realities of our life have on our emotions?*
- *How can hanging onto these experiences turn us into a victim?*

Look at the experiences that are in your sack.

- *What impact can these experiences have on our ability to show up in the service of others?*
- *Has anyone else ever had a similar experience or circumstance?*
- *What might they be experiencing or feeling?*
- *What kind of verbal hints or body language might we hear and see when someone is or has experienced such an event?*

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## Empathy and Intuition

- *How can we use our experience to more effectively connect with someone who is having a similar experience?*
- *What kind of questions might we ask that someone else might not know to ask?*
- *How might our life be different if we used our life experiences to better connect and serve others?*

***"Our character has been forged in the furnace of adversity. We know what pain feels like. We cannot change the past. However, we can choose to use these reference points as a rich resource to assist us in better understanding and connecting with people. When we use our life experiences in the service of others, we will finally find purpose in our suffering, joy in our journey and much needed healing in our souls."***