30 Days to Unite the un-United States – Doing My Part

		1	2	3	4	5
Being Self-Aware	Everything that irritates us about others can lead us to an understanding of ourselves. C.G. Jung	☐ Take 10 seconds and think of someone smarter than you. Take another 10 seconds and realize that they probably aren't the only one.	☐ Take a personality test to see how you think and behave. You can see what makes you you, and what makes me me.	☐ Today, realize that some people you interact with wear their emotions on their sleeves. Don't get sucked in, be patient, acknowledge and do business.	☐ Today, realize that some people you interact with suppress their emotions behind logic and practicality.	☐ Be aware that you are either the person of Day 3 or Day 4. ☺
		6	7	8	9	10
Using Emotional Intelligence	I'm not fearless. I get scared plenty. But I have learned how to channel emotion to sharpen me. Bear Grylls	☐ Talk to your neighbor over the fence. Ask them about their kids/grandkids. Show pictures.	☐ Wake up 5 minutes early and find three things to be grateful for today.	☐ Remember, you can't change anybody. To influence someone understand them first. It will open the door of trust.	☐ Quit sharing your thoughts on social media. It's polarizing and you aren't changing anybody's mind anyway. (See Day 8)	☐ Today, give respect before people earn it. A funny thing will happen . . . they will give respect back.
		11	12	13	14	15
Gaining a Broader Perspective	Perspective is worth 80 IQ points. Alan Kay	☐ Take a person of a different race to coffee. Ask them what it was like growing up in America.	☐ Drive a different way home from work. You might see something different.	☐ Ask a 70 year old about what divided America in 1967 versus what divides us in 2017.	☐ Today, ask a trusted confidant where your blind spots and biases lay. (HINT: do NOT combine this exercise w/ Day 21.)	☐ Get an immigrant or someone whose second language is English to tell their story of how they got to your town and why they came.
		16	17	18	19	20
Being Curious, Not Competitive	I have no special talent. I am only passionately curious. Albert Einstein	☐ Listen when others are talking. No really, listen.	☐ Today if someone chooses to do or suggests something different than you offered, don't take it personally. Rather, identify their vantage point if you can.	☐ If you find yourself in at odds in a conversation today, resist the urge to defend yourself. Instead, decipher how the other person arrived at their conclusion.	☐ Today is thick skin day. Promise yourself that you will not be overly sensitive if you are insulted, teased, reprimanded, or singled out.	☐ If someone still managed to get under your thick skin yesterday, start by asking yourself, "Did I play a role in the issue?" Examine your own motives and desires.
		21	22	23	24	25
10 Practical Tips to Help	When there is no enemy within, the enemy on the outside cannot hurt you. Winston Churchill	☐ Call your mother.	☐ Turn off the news. Don't waste your time trying to figure out if it is fake or true. Either way it fuels divisiveness.	☐ Travel to a different zip code. You'll see the equality President Lincoln was talking about.	☐ Delete President Trump's Twitter feed. (No explanation needed.)	☐ Watch college football instead of the NFL--it's better anyway.
		26	27	28	29	30
		☐ Stay off the internet today. Spend time w/ a friend or on a hobby.	☐ Ask two people about an event from the past that you all are familiar with. Note how each person remembers it differently.	☐ Take 60 seconds and jot down the names of two people that push your buttons. Why does that bother you?	☐ Add value to someone today by sending them a compliment, an interesting link, or a helpful article.	☐ If all else has failed up to this point, then turn on some country music. It will make you feel better about your own life.