



## OPTIONAL DISCUSSION

### CHAPTER 7

- Think of a time when you communicated well? What was the impact?
  - Think of a time when you communicated poorly? What were the consequences?
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- What format do you use to communicate your initial ideas?
  - How is your format different from the Yellow Card format?
  - Which of the six tensions do you most commonly do great on? Or do poorly on?
  - Do you “do the math?” If not, why not?

## NOTES