

#7 Communications & Actions

Sounds, gestures and actions were the mode of communication before humans used words. Actions remain the major component of our communication message.

Here a few statements for reflection and discussion:

At times our actions speak louder than words, tone of voice and body language combined.

“How I feel is expressed by how I act.”

Thoughts, attitudes and beliefs are transformed into our deeds.

Your actions speak for you.

Strengthen your integrity by acting on your principles and priorities.

Establish trust when others see you making and keeping agreements.

Decisions you make unconsciously and consciously affect how you meet your needs, wants and desires.

Your actions provide an opportunity for others to observe your emotions in motion.

Changing your actions will change your message.

We teach better by our example than by our words.

We believe the words when we see the actions.

A kind word is the sweetest when followed by a kind deed.

The goal is to have your actions clearly communicate your message with the best chance of being received the way you intended.

Action Plans:

Review your actions of the past week. What do they say about you?

How can you make an improvement in alignment between your thoughts, feelings and actions?

Request feedback on the your actions that others appreciated as well as actions with unintended consequences.

Just like words, tone and body language, actions can also be misinterpreted. When observing the actions of others, do a reality check to make sure you have correctly read their actions.

Watch what you do and do not do.

Your Insights: