



**DIANA
DAMRON**

**C's the Day® and
Unleash Civility!**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER 2020

					1 Listen. Put on the brakes and listen.	2 Listen to determine their frame of mind.	3 Listen with patience. You may have to bite your tongue.
4 Listen without jumping to conclusions.	5 Listen! Put away your phone for every conversation.	6 Listen to build up.	7 Listen for common ground.	8 Listen with your heart.	9 Listen to understand their perspective.	10 Listen without interruption.	
11 Listen without taking offense.	12 Speak from the perspective of possibility.	13 Speak with a smile.	14 Speak to build up.	15 Dump the sarcasm – then speak.	16 Speak to cheer up.	17 Speak to heal.	
18 Speak with thoughtfulness.	19 Pay attention to your tone of voice when speaking.	20 Speak – don't shout.	21 Dump the obscenities – now speak.	22 Speak to show respect.	23 Speak with patience.	24 Speak with clarity in mind.	
25 Speak and remember eye contact.	26 Speak without intentionally offending.	27 Speak with confidence.	28 In conflict: speak with assertiveness, not aggression.	29 Speak – then listen.	30 Speak truthfully.	31 Speak with humility.	