

THOUGHT ACCELERATOR

Powered by [TCG's Authenticity is the new Positivity](#)

AM I AUTHENTIC?

What was the last hard thing I heard from someone?

How did I respond?

Was I uncomfortable? Yes No

Did I hold space for that moment? Yes No

Did I respond with positivity or allow myself to feel all of my emotions from what they said?

Yes No

What can I do differently in future?

What can I do again in future?

