

November 8, 2022 – Midterm Election Day

The country is divided. The political advertising has been vicious.

Will things improve – or get worse?

Regardless of the outcome, what can you and I do?

Today I can:

- Be curious – not furious
- Respect other points of view
- Listen to others – with my heart as well as my head
- Keep an open mind
- Identify the real issues – beyond the politics
(What is the issue – not WHO is the issue)
- Be interested
- Learn about other perspectives
- Hold boundaries with respect and walk away if ...
(What is your IF?)
- Share my point of view calmly
- Be empathetic
- Be encouraging
- Be kind



What would you add to this list?