



LSI

REFLECTIVE PRACTICE LOG

Working with your Life Styles
Inventory™ (LSI) feedback

Commit to sometime during every meeting to actively observing how you interact with others over the course of the day and writing some notes on the following:

- Were there any examples today of my thinking in xxx (Blue, Red or Green) way ? When did it occur? Who was there? What was I doing?
- How was I feeling ?
- How did I behave
- What was the outcome ?

The focus of this reflective practice is to learn more about the connection between your thinking, your behaviour and how it plays out with others.

Don't change anything just observe and write down what you noticed about what was happening for you – this is not a time for action but a time for noticing and learning. To change a behaviour you need to understand much more about what it looks like, when it shows up (what or who triggers it) - until you do, any action planning will be premature.

"seek to understand first"

How it works:

1. Observe your interactions with others (internal & external).
2. Notice your body, mind, feeling reactions and responses to them (Blue, Red or Green)
3. If you find yourself responding or feeling defensive, just notice it, observe it and write down what you noticed, don't change it or try to modify it at this stage.
4. You can write down your insights and observations at any time as long as you remember what they are. It is best to do it as close to the event as possible or at the end of the day. People sometimes just include it with their compendium or notebook so they can jot things down after each meeting.
5. At the end of the week or two weeks of observation, review your log. What do you notice ? Which styles came up repeatedly? Is there a pattern to what triggers it (eg certain people, meetings)? If the behaviour is defensive then is it consistent when it does get triggered or do you have a number of different ways of behaving in that style?
6. Identify a behavioural goal. A specific behaviour you want to work on. Which of the Blue styles do you need to build in order to balance out this behaviour and increase your effectiveness (eg. "I want to be less critical of people in meetings" (Oppositional style –Red) "So I am going to work on building the Humanistic-Encouraging style (Blue). "I am going to do this by: ...)?
7. Instead of arguing my case, and telling people why I think something won't work or why they are wrong, I am going to ask them some questions that will help me understand their point of view, and check in with them that I understood what they were saying.

Insights and Observations

Tick how long into the meeting before you noticed the agitation/stress or defensive thinking.

Date	Event (Meeting/Who With)	At what point in the meeting did you begin to move into defensive or constructive mode?	Observations and Comments
		<input type="checkbox"/> First 15 minutes <input type="checkbox"/> First 30 minutes <input type="checkbox"/> At 45 minutes <input type="checkbox"/> At the end	
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