



How to give more strokes

3

Purpose

To discover what the people around you deserve strokes for, and to ensure that everyone in your life gets the strokes they deserve.

Results

You will become better at giving strokes, and contribute to creating an environment which provides the best possible conditions for well-being and development.

How to do the exercise

1. List the people with whom you have most contact: your family, friends and colleagues.
2. For each person, list what you think they deserve strokes for.
3. Indicate when you last gave this person a stroke.
4. Indicate when you plan to give this person a stroke again.
5. Do it!

Name	What these people deserve strokes for	When I last gave them a stroke	When I next plan to give them a stroke	✓