

# EXERCISE 12: How to give more strokes

## Purpose

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

## The result

You 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. Say when you last gave them a stroke.
4. Indicate when you plan to give them a stroke again.
5. Do it!

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

