



Worksheet: The Art of Discernment

Exploring Your Comfort Zones: Think of a meaningful personal story you might share professionally. What parts of this story make you pause and think, "Should I really say this?" What specifically worries you about sharing those details?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Learning from Others: Recall a time when someone shared something personal in a work setting that truly resonated with you. What made their sharing feel appropriate rather than awkward? How did it change your view of them?

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