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1. "I" language is taking responsibility for what we think and feel, It helps us from blaming our team members. It makes situations less hostile and more compassionate. An example of not using I language would be ""You are such a slob. You just expect me to clean up after you." An example with I language is " I feel frustrated that the task hasn't been done yet. I would really appreciate it if you would take care of that.

2. "Agile teams should manage their own membership". This refers to the fact that usually we see managers hire team members, through a series of steps from paperwork, selections to interviews. But in this we see the team have a say in who is on the team and who does what instead of it all being done by the manager. Benefits of agile teams managing their own membership include helping each other, as they are more collaborative. This makes for a faster delivery of the project and the team learns and grows together which creates a unique bond. And finally they can gain feedback that actually makes an impact on the receivers work.

3. Safety is important for your team so they can build their skills. In doing this and building their skills this helps teams create a safe environment. Safety allows the team to own up to their mistakes and even look for mistakes. Safety also allows teams to start small as they experiment and learn from those same experiments. And lastly, managing "ambiguity and uncertainty" can add on to the safety aspect. To create a safe environment teams should communicate clearly by using direct language. Boundaries should be set between personal and work life, teams should look to acknowledge each other, encouraging form smaller experiments that lead to reduction of big problems. And most importantly team members should admit when they don't know something. This can resolve most problems before they start.