

Micro-Affirmations

- Attentively listening when others are speaking
- Using friendly body language, facial expressions, and vocal tone
- Actively seeking input from all participants, particularly those who have not had a chance to speak
- Acknowledging and affirming others' feelings
- Recognizing and validating others' experiences (even seemingly small experiences)
- Making it a habit to give credit generously
- Making a purposeful effort to consider whom you are leaving out and why and reaching out to the "margins"

