

20 - This weeks topic is very important for teamwork because effective communication is the cornerstone of working with anybody. More specifically, communicating professionally is very important for prompt responses and communicating in a way that wont upset anybody you could potentially be working with. Flnding the best and most appropriate way to communicate with colleagues will help teamwork be much more effective.

20 - Relating this to the gospel, communication with god is traditionally done in a certain way. While prayer is from the heart, if you say an outloud prayer, talking to heavenly father like you would one of your friends, even though they maybe shouldn't, you will get a lot of people looking at you like you are crazy. Even though it is the content of the prayer that matters most, communicating the proper or professional way can communicate the same things but in a more widely acceptable way.

20 - I taught my friend about the idea of ethical communication and he didn't like it but understood it. I taught Austin Richards that there are principles that can help dictate appropriate communication and that the person communicating is responsible for all of the effects that it may have on others. Austin did not like that he is responsible for everything that he says because it all depends on how the listener takes it, but he understands the principles.

20 - I can relate this to past experiences because there was a time in high school that I edited a picture in a way that I found funny and not offensive at all. The friends I sent it to were very angry and demanded that I apologize. I didn't see it as offensive still after they talked to me about it but I still apologized because I recognized that I was responsible for what I had communicated to them.

10 - A SMART goal I have for next week is to go to the gym for at least 30 minutes monday through saturday.

10 - Something I want to do differently next week is going to bed much earlier, around 12-1 every night.