

Communication Mastery Bootcamp

An 8-Week Engineering Approach to Social Dynamics

Week 1: Self-Awareness: The Internal Diagnostic

Today, September 23, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

High-Signal Interaction Log

EVENT: Describe one interaction that generated a significant emotional signal.

RAW DATA (SENSATION): Where in your body did you feel it? (e.g., chest tightness, flushed face)

RAW DATA (EMOTION API): If you had to give this feeling a name, what would it be?

TRIGGER LOG: What specific event, word, or action immediately preceded the signal?

INITIAL HYPOTHESIS: Why do you think this trigger produced this signal? (No judgment, just analysis)

Field Notes & Observations

Week 1: Self-Awareness: The Internal Diagnostic

Day, September 24, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

High-Signal Interaction Log

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INITIAL HYPOTHESIS: Why do you think this trigger produced this signal? (No judgment, just analysis)

Field Notes & Observations

Week 1: Self-Awareness: The Internal Diagnostic

day, September 25, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

High-Signal Interaction Log

EVENT: Describe one interaction that generated a significant emotional signal.

RAW DATA (SENSATION): Where in your body did you feel it? (e.g., chest tightness, flushed face)

RAW DATA (EMOTION API): If you had to give this feeling a name, what would it be?

TRIGGER LOG: What specific event, word, or action immediately preceded the signal?

INITIAL HYPOTHESIS: Why do you think this trigger produced this signal? (No judgment, just analysis)

Field Notes & Observations

Week 1: Self-Awareness: The Internal Diagnostic

Today, September 26, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

High-Signal Interaction Log

EVENT: Describe one interaction that generated a significant emotional signal.

RAW DATA (SENSATION): Where in your body did you feel it? (e.g., chest tightness, flushed face)

RAW DATA (EMOTION API): If you had to give this feeling a name, what would it be?

TRIGGER LOG: What specific event, word, or action immediately preceded the signal?

INITIAL HYPOTHESIS: Why do you think this trigger produced this signal? (No judgment, just analysis)

Field Notes & Observations

The most important thing in communication is hearing what isn't said. - Peter Drucker

Week 1: Self-Awareness: The Internal Diagnostic

Today, September 27, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

High-Signal Interaction Log

EVENT: Describe one interaction that generated a significant emotional signal.

RAW DATA (SENSATION): Where in your body did you feel it? (e.g., chest tightness, flushed face)

RAW DATA (EMOTION API): If you had to give this feeling a name, what would it be?

TRIGGER LOG: What specific event, word, or action immediately preceded the signal?

INITIAL HYPOTHESIS: Why do you think this trigger produced this signal? (No judgment, just analysis)

Field Notes & Observations

Week 1: Self-Awareness: The Internal Diagnostic

Today, September 28, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

High-Signal Interaction Log

EVENT: Describe one interaction that generated a significant emotional signal.

RAW DATA (SENSATION): Where in your body did you feel it? (e.g., chest tightness, flushed face)

RAW DATA (EMOTION API): If you had to give this feeling a name, what would it be?

TRIGGER LOG: What specific event, word, or action immediately preceded the signal?

INITIAL HYPOTHESIS: Why do you think this trigger produced this signal? (No judgment, just analysis)

Field Notes & Observations

Week 1: Self-Awareness: The Internal Diagnostic

Today, September 29, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

High-Signal Interaction Log

EVENT: Describe one interaction that generated a significant emotional signal.

RAW DATA (SENSATION): Where in your body did you feel it? (e.g., chest tightness, flushed face)

RAW DATA (EMOTION API): If you had to give this feeling a name, what would it be?

TRIGGER LOG: What specific event, word, or action immediately preceded the signal?

INITIAL HYPOTHESIS: Why do you think this trigger produced this signal? (No judgment, just analysis)

Field Notes & Observations

You can have brilliant ideas, but if you can't get them across, your ideas won't get you anywhere. - Lee Iacocca

Week 2: Emotional Regulation: The Control System

Day 1, September 30, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Deconstruct the Automatic Reaction Chain

TRIGGER (Input): A specific event that occurred.

AUTOMATIC THOUGHT (Processing): The immediate story I told myself about the event.

EMOTIONAL-PHYSICAL RESPONSE (Output): The feeling & sensation that resulted.

Step 2: Control System Deployment Analysis

Did I deploy the 'Tactical Pause' before reacting? ■ Yes ■ No

If YES: What did I do during the pause? (e.g., Deep breath, left the room)

If NO: At what point did I realize a pause would have been useful?

RESULTING ACTION: What was my actual response after the initial reaction/pause?

PERFORMANCE REVIEW: How did deploying (or not deploying) the pause affect the outcome?

Field Notes & Observations

Week 2: Emotional Regulation: The Control System

Today, October 01, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Deconstruct the Automatic Reaction Chain

TRIGGER (Input): A specific event that occurred.

AUTOMATIC THOUGHT (Processing): The immediate story I told myself about the event.

EMOTIONAL-PHYSICAL RESPONSE (Output): The feeling & sensation that resulted.

Step 2: Control System Deployment Analysis

Did I deploy the 'Tactical Pause' before reacting? ■ Yes ■ No

If YES: What did I do during the pause? (e.g., Deep breath, left the room)

If NO: At what point did I realize a pause would have been useful?

RESULTING ACTION: What was my actual response after the initial reaction/pause?

PERFORMANCE REVIEW: How did deploying (or not deploying) the pause affect the outcome?

Field Notes & Observations

Week 2: Emotional Regulation: The Control System

Today, October 02, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Deconstruct the Automatic Reaction Chain

TRIGGER (Input): A specific event that occurred.

AUTOMATIC THOUGHT (Processing): The immediate story I told myself about the event.

EMOTIONAL-PHYSICAL RESPONSE (Output): The feeling & sensation that resulted.

Step 2: Control System Deployment Analysis

Did I deploy the 'Tactical Pause' before reacting? ■ Yes ■ No

If YES: What did I do during the pause? (e.g., Deep breath, left the room)

If NO: At what point did I realize a pause would have been useful?

RESULTING ACTION: What was my actual response after the initial reaction/pause?

PERFORMANCE REVIEW: How did deploying (or not deploying) the pause affect the outcome?

Field Notes & Observations

Week 2: Emotional Regulation: The Control System

Today, October 03, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Deconstruct the Automatic Reaction Chain

TRIGGER (Input): A specific event that occurred.

AUTOMATIC THOUGHT (Processing): The immediate story I told myself about the event.

EMOTIONAL-PHYSICAL RESPONSE (Output): The feeling & sensation that resulted.

Step 2: Control System Deployment Analysis

Did I deploy the 'Tactical Pause' before reacting? ■ Yes ■ No

If YES: What did I do during the pause? (e.g., Deep breath, left the room)

If NO: At what point did I realize a pause would have been useful?

RESULTING ACTION: What was my actual response after the initial reaction/pause?

PERFORMANCE REVIEW: How did deploying (or not deploying) the pause affect the outcome?

Field Notes & Observations

Week 2: Emotional Regulation: The Control System

Today, October 04, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Deconstruct the Automatic Reaction Chain

TRIGGER (Input): A specific event that occurred.

AUTOMATIC THOUGHT (Processing): The immediate story I told myself about the event.

EMOTIONAL-PHYSICAL RESPONSE (Output): The feeling & sensation that resulted.

Step 2: Control System Deployment Analysis

Did I deploy the 'Tactical Pause' before reacting? ■ Yes ■ No

If YES: What did I do during the pause? (e.g., Deep breath, left the room)

If NO: At what point did I realize a pause would have been useful?

RESULTING ACTION: What was my actual response after the initial reaction/pause?

PERFORMANCE REVIEW: How did deploying (or not deploying) the pause affect the outcome?

Field Notes & Observations

Week 2: Emotional Regulation: The Control System

Day, October 05, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Deconstruct the Automatic Reaction Chain

TRIGGER (Input): A specific event that occurred.

AUTOMATIC THOUGHT (Processing): The immediate story I told myself about the event.

EMOTIONAL-PHYSICAL RESPONSE (Output): The feeling & sensation that resulted.

Step 2: Control System Deployment Analysis

Did I deploy the 'Tactical Pause' before reacting? ■ Yes ■ No

If YES: What did I do during the pause? (e.g., Deep breath, left the room)

If NO: At what point did I realize a pause would have been useful?

RESULTING ACTION: What was my actual response after the initial reaction/pause?

PERFORMANCE REVIEW: How did deploying (or not deploying) the pause affect the outcome?

Field Notes & Observations

Week 2: Emotional Regulation: The Control System

Today, October 06, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Deconstruct the Automatic Reaction Chain

TRIGGER (Input): A specific event that occurred.

AUTOMATIC THOUGHT (Processing): The immediate story I told myself about the event.

EMOTIONAL-PHYSICAL RESPONSE (Output): The feeling & sensation that resulted.

Step 2: Control System Deployment Analysis

Did I deploy the 'Tactical Pause' before reacting? ■ Yes ■ No

If YES: What did I do during the pause? (e.g., Deep breath, left the room)

If NO: At what point did I realize a pause would have been useful?

RESULTING ACTION: What was my actual response after the initial reaction/pause?

PERFORMANCE REVIEW: How did deploying (or not deploying) the pause affect the outcome?

Field Notes & Observations

Week 3: Active Listening: Upgrading the Receiver

Wednesday, October 07, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Log a Conversation for Analysis

CONTEXT: Who was it with? What was the topic?

Signal Breakdown

phrases they used?

VOCAL DATA (The Tone): What was their tone, pace, and volume?

NON-VERBAL DATA (The Body): What was their posture, eye contact, and gestures?

My Receiver Performance

Did I plan my response while they spoke? ■

Did I jump to conclusions? ■

Did I get distracted by my own thoughts? ■
PARAPHRASE ATTEMPT: (e.g., 'So what you're saying is...')

CLARIFYING QUESTION: (e.g., 'Can you tell me more about...')

Field Notes & Observations

Week 3: Active Listening: Upgrading the Receiver

Tuesday, October 08, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Log a Conversation for Analysis

CONTEXT: Who was it with? What was the topic?

Signal Breakdown

phrases they used?

VOCAL DATA (The Tone): What was their tone, pace, and volume?

NON-VERBAL DATA (The Body): What was their posture, eye contact, and gestures?

My Receiver Performance

Did I plan my response while they spoke? ■

Did I jump to conclusions? ■

Did I get distracted by my own thoughts? ■
PARAPHRASE ATTEMPT: (e.g., 'So what you're saying is...')

CLARIFYING QUESTION: (e.g., 'Can you tell me more about...')

Field Notes & Observations

Week 3: Active Listening: Upgrading the Receiver

Wednesday, October 09, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Log a Conversation for Analysis

CONTEXT: Who was it with? What was the topic?

Signal Breakdown

phrases they used?

VOCAL DATA (The Tone): What was their tone, pace, and volume?

NON-VERBAL DATA (The Body): What was their posture, eye contact, and gestures?

My Receiver Performance

Did I plan my response while they spoke? ■

Did I jump to conclusions? ■

Did I get distracted by my own thoughts? ■
PARAPHRASE ATTEMPT: (e.g., 'So what you're saying is...')

CLARIFYING QUESTION: (e.g., 'Can you tell me more about...?')

Field Notes & Observations

Week 3: Active Listening: Upgrading the Receiver

Friday, October 10, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Log a Conversation for Analysis

CONTEXT: Who was it with? What was the topic?

Signal Breakdown

phrases they used?

VOCAL DATA (The Tone): What was their tone, pace, and volume?

NON-VERBAL DATA (The Body): What was their posture, eye contact, and gestures?

My Receiver Performance

Did I plan my response while they spoke? ■

Did I jump to conclusions? ■

Did I get distracted by my own thoughts? ■
PARAPHRASE ATTEMPT: (e.g., 'So what you're saying is...')

CLARIFYING QUESTION: (e.g., 'Can you tell me more about...?')

Field Notes & Observations

Week 3: Active Listening: Upgrading the Receiver

Thursday, October 11, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Log a Conversation for Analysis

CONTEXT: Who was it with? What was the topic?

Signal Breakdown

phrases they used?

VOCAL DATA (The Tone): What was their tone, pace, and volume?

NON-VERBAL DATA (The Body): What was their posture, eye contact, and gestures?

My Receiver Performance

Did I plan my response while they spoke? ■

Did I jump to conclusions? ■

Did I get distracted by my own thoughts? ■
PARAPHRASE ATTEMPT: (e.g., 'So what you're saying is...')

CLARIFYING QUESTION: (e.g., 'Can you tell me more about...?')

Field Notes & Observations

Week 3: Active Listening: Upgrading the Receiver

Sunday, October 12, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Log a Conversation for Analysis

CONTEXT: Who was it with? What was the topic?

Signal Breakdown

phrases they used?

VOCAL DATA (The Tone): What was their tone, pace, and volume?

NON-VERBAL DATA (The Body): What was their posture, eye contact, and gestures?

My Receiver Performance

Did I plan my response while they spoke? ■

Did I jump to conclusions? ■

Did I get distracted by my own thoughts? ■
PARAPHRASE ATTEMPT: (e.g., 'So what you're saying is...')

CLARIFYING QUESTION: (e.g., 'Can you tell me more about...?')

Field Notes & Observations

Week 3: Active Listening: Upgrading the Receiver

Monday, October 13, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Log a Conversation for Analysis

CONTEXT: Who was it with? What was the topic?

Signal Breakdown

phrases they used?

VOCAL DATA (The Tone): What was their tone, pace, and volume?

NON-VERBAL DATA (The Body): What was their posture, eye contact, and gestures?

My Receiver Performance

Did I plan my response while they spoke? ■

Did I jump to conclusions? ■

Did I get distracted by my own thoughts? ■
PARAPHRASE ATTEMPT: (e.g., 'So what you're saying is...')

CLARIFYING QUESTION: (e.g., 'Can you tell me more about...?')

Field Notes & Observations

Week 4: Clear Expression: Calibrating the Transmitter

October 14, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Capture the Raw 'You-Statement'

(e.g., 'You always interrupt me.')

I feel [Emotion]
when [Specific Objective Behavior]
because [The Impact on Me]

What I would appreciate is... [A Positive Request]

Field Notes & Observations

Week 4: Clear Expression: Calibrating the Transmitter

October 15, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Capture the Raw 'You-Statement'

(e.g., 'You always interrupt me.')

I feel [Emotion]
when [Specific Objective Behavior]
because [The Impact on Me]

What I would appreciate is... [A Positive Request]

Field Notes & Observations

Week 4: Clear Expression: Calibrating the Transmitter

October 16, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Capture the Raw 'You-Statement'

(e.g., 'You always interrupt me.')

I feel [Emotion]
when [Specific Objective Behavior]
because [The Impact on Me]

What I would appreciate is... [A Positive Request]

Field Notes & Observations

Week 4: Clear Expression: Calibrating the Transmitter

October 17, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Capture the Raw 'You-Statement'

(e.g., 'You always interrupt me.')

I feel [Emotion]
when [Specific Objective Behavior]
because [The Impact on Me]

What I would appreciate is... [A Positive Request]

Field Notes & Observations

Week 4: Clear Expression: Calibrating the Transmitter

October 18, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Capture the Raw 'You-Statement'

(e.g., 'You always interrupt me.')

I feel [Emotion]
when [Specific Objective Behavior]
because [The Impact on Me]

What I would appreciate is... [A Positive Request]

Field Notes & Observations

Week 4: Clear Expression: Calibrating the Transmitter

October 19, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Capture the Raw 'You-Statement'

(e.g., 'You always interrupt me.')

I feel [Emotion]
when [Specific Objective Behavior]
because [The Impact on Me]

What I would appreciate is... [A Positive Request]

Field Notes & Observations

Week 4: Clear Expression: Calibrating the Transmitter

October 20, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Step 1: Capture the Raw 'You-Statement'

(e.g., 'You always interrupt me.')

I feel [Emotion]
when [Specific Objective Behavior]
because [The Impact on Me]

What I would appreciate is... [A Positive Request]

Field Notes & Observations

Week 5: Empathy: Building the Protocol Bridge

Tuesday, October 21, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Simulation Context

Describe a situation with a strong disagreement or misunderstanding.

My Operating System

My Goal:

My Core Assumption:

My Primary Emotion/Fear:

Their OS (Simulated)

Their Likely Goal:

Their Likely Assumption:

Their Likely Emotion/Fear:

Field Notes & Observations

To effectively communicate, we must realize that we are all different in the way we perceive the world. - Tony Robbins

Week 5: Empathy: Building the Protocol Bridge

Wednesday, October 22, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Simulation Context

Describe a situation with a strong disagreement or misunderstanding.

My Operating System

My Goal:

My Core Assumption:

My Primary Emotion/Fear:

Their OS (Simulated)

Their Likely Goal:

Their Likely Assumption:

Their Likely Emotion/Fear:

Field Notes & Observations

Seek first to understand, then to be understood. - Stephen Covey

Week 5: Empathy: Building the Protocol Bridge

Thursday, October 23, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Simulation Context

Describe a situation with a strong disagreement or misunderstanding.

My Operating System

My Goal:

My Core Assumption:

My Primary Emotion/Fear:

Their OS (Simulated)

Their Likely Goal:

Their Likely Assumption:

Their Likely Emotion/Fear:

Field Notes & Observations

Week 5: Empathy: Building the Protocol Bridge

4 | Friday, October 24, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Simulation Context

Describe a situation with a strong disagreement or misunderstanding.

My Operating System

My Goal:

My Core Assumption:

My Primary Emotion/Fear:

Their OS (Simulated)

Their Likely Goal:

Their Likely Assumption:

Their Likely Emotion/Fear:

Field Notes & Observations

Week 5: Empathy: Building the Protocol Bridge

Saturday, October 25, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Simulation Context

Describe a situation with a strong disagreement or misunderstanding.

My Operating System

My Goal:

My Core Assumption:

My Primary Emotion/Fear:

Their OS (Simulated)

Their Likely Goal:

Their Likely Assumption:

Their Likely Emotion/Fear:

Field Notes & Observations

Seek first to understand, then to be understood. - Stephen Covey

Week 5: Empathy: Building the Protocol Bridge

| Sunday, October 26, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Simulation Context

Describe a situation with a strong disagreement or misunderstanding.

My Operating System

My Goal:

My Core Assumption:

My Primary Emotion/Fear:

Their OS (Simulated)

Their Likely Goal:

Their Likely Assumption:

Their Likely Emotion/Fear:

Field Notes & Observations

Week 5: Empathy: Building the Protocol Bridge

Monday, October 27, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Simulation Context

Describe a situation with a strong disagreement or misunderstanding.

My Operating System

My Goal:

My Core Assumption:

My Primary Emotion/Fear:

Their OS (Simulated)

Their Likely Goal:

Their Likely Assumption:

Their Likely Emotion/Fear:

Field Notes & Observations

To effectively communicate, we must realize that we are all different in the way we perceive the world. - Tony Robbins

Week 6: Conflict Resolution: The Debugger

Day 1 | Tuesday, October 28, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Problem Statement

Define the problem as a neutral, shared goal.

- C - Context: When and where did the specific event happen?
- O - Observation: What did you see or hear? (Factual, objective)
- I - Impact: How did this affect you, the team, or the project?

N - Next Steps: What is a collaborative suggestion for moving forward?

Field Notes & Observations

Week 6: Conflict Resolution: The Debugger

2 | Wednesday, October 29, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Problem Statement

Define the problem as a neutral, shared goal.

- C - Context: When and where did the specific event happen?
- O - Observation: What did you see or hear? (Factual, objective)
- I - Impact: How did this affect you, the team, or the project?

N - Next Steps: What is a collaborative suggestion for moving forward?

Field Notes & Observations

The single biggest problem in communication is the illusion that it has taken place. - George Bernard Shaw

Week 6: Conflict Resolution: The Debugger

Day 3 | Thursday, October 30, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Problem Statement

Define the problem as a neutral, shared goal.

- C - Context: When and where did the specific event happen?
- O - Observation: What did you see or hear? (Factual, objective)
- I - Impact: How did this affect you, the team, or the project?

N - Next Steps: What is a collaborative suggestion for moving forward?

Field Notes & Observations

Precision of communication is important, more important than ever, in our era of hair-trigger balances. - James Thurber

Week 6: Conflict Resolution: The Debugger

Day 4 | Friday, October 31, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Problem Statement

Define the problem as a neutral, shared goal.

- C - Context: When and where did the specific event happen?
- O - Observation: What did you see or hear? (Factual, objective)
- I - Impact: How did this affect you, the team, or the project?

N - Next Steps: What is a collaborative suggestion for moving forward?

Field Notes & Observations

Week 6: Conflict Resolution: The Debugger

Day 5 | Saturday, November 01, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Problem Statement

Define the problem as a neutral, shared goal.

- C - Context: When and where did the specific event happen?
- O - Observation: What did you see or hear? (Factual, objective)
- I - Impact: How did this affect you, the team, or the project?

N - Next Steps: What is a collaborative suggestion for moving forward?

Field Notes & Observations

Week 6: Conflict Resolution: The Debugger

Sunday, November 02, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Problem Statement

Define the problem as a neutral, shared goal.

- C - Context: When and where did the specific event happen?
- O - Observation: What did you see or hear? (Factual, objective)
- I - Impact: How did this affect you, the team, or the project?

N - Next Steps: What is a collaborative suggestion for moving forward?

Field Notes & Observations

Precision of communication is important, more important than ever, in our era of hair-trigger balances. - James Thurber

Week 6: Conflict Resolution: The Debugger

Day 7 | Monday, November 03, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Problem Statement

Define the problem as a neutral, shared goal.

- C - Context: When and where did the specific event happen?
- O - Observation: What did you see or hear? (Factual, objective)
- I - Impact: How did this affect you, the team, or the project?

N - Next Steps: What is a collaborative suggestion for moving forward?

Field Notes & Observations

Week 7: Building Rapport: Network Maintenance

Today's Date: Tuesday, November 04, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Proactive Appreciation Log

Who did you appreciate today?

What SPECIFIC action did you thank them for?

How did you communicate it? (Verbal, text, public praise)

Better Questions Log

Who did you seek to understand better today?

What 'better question' did you ask? (e.g., 'What's the most challenging part of this for you?')

What did you learn from their response?

Field Notes & Observations

Week 7: Building Rapport: Network Maintenance

Wednesday, November 05, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Proactive Appreciation Log

Who did you appreciate today?

What SPECIFIC action did you thank them for?

How did you communicate it? (Verbal, text, public praise)

Better Questions Log

Who did you seek to understand better today?

What 'better question' did you ask? (e.g., 'What's the most challenging part of this for you?')

What did you learn from their response?

Field Notes & Observations

To effectively communicate, we must realize that we are all different in the way we perceive the world. - Tony Robbins

Week 7: Building Rapport: Network Maintenance

Wednesday, November 06, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Proactive Appreciation Log

Who did you appreciate today?

What SPECIFIC action did you thank them for?

How did you communicate it? (Verbal, text, public praise)

Better Questions Log

Who did you seek to understand better today?

What 'better question' did you ask? (e.g., 'What's the most challenging part of this for you?')

What did you learn from their response?

Field Notes & Observations

To effectively communicate, we must realize that we are all different in the way we perceive the world. - Tony Robbins

Week 7: Building Rapport: Network Maintenance

Friday, November 07, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Proactive Appreciation Log

Who did you appreciate today?

What SPECIFIC action did you thank them for?

How did you communicate it? (Verbal, text, public praise)

Better Questions Log

Who did you seek to understand better today?

What 'better question' did you ask? (e.g., 'What's the most challenging part of this for you?')

What did you learn from their response?

Field Notes & Observations

The single biggest problem in communication is the illusion that it has taken place. - George Bernard Shaw

Week 7: Building Rapport: Network Maintenance

Today's Date: Friday, November 08, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Proactive Appreciation Log

Who did you appreciate today?

What SPECIFIC action did you thank them for?

How did you communicate it? (Verbal, text, public praise)

Better Questions Log

Who did you seek to understand better today?

What 'better question' did you ask? (e.g., 'What's the most challenging part of this for you?')

What did you learn from their response?

Field Notes & Observations

The single biggest problem in communication is the illusion that it has taken place. - George Bernard Shaw

Week 7: Building Rapport: Network Maintenance

Monday, November 09, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Proactive Appreciation Log

Who did you appreciate today?

What SPECIFIC action did you thank them for?

How did you communicate it? (Verbal, text, public praise)

Better Questions Log

Who did you seek to understand better today?

What 'better question' did you ask? (e.g., 'What's the most challenging part of this for you?')

What did you learn from their response?

Field Notes & Observations

The most important thing in communication is hearing what isn't said. - Peter Drucker

Week 7: Building Rapport: Network Maintenance

Monday, November 10, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

Proactive Appreciation Log

Who did you appreciate today?

What SPECIFIC action did you thank them for?

How did you communicate it? (Verbal, text, public praise)

Better Questions Log

Who did you seek to understand better today?

What 'better question' did you ask? (e.g., 'What's the most challenging part of this for you?')

What did you learn from their response?

Field Notes & Observations

To effectively communicate, we must realize that we are all different in the way we perceive the world. - Tony Robbins

Week 8: Influence & Storytelling: Advanced Scenarios

November 11, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

The Storytelling Blueprint

What is a core message or idea you need to convey this week? (e.g., a project proposal, a difficult decision)

The Hook: How can you start to grab their attention?

The Core Narrative: What is the simple story or journey?

The 'Why': Why should they care? What's in it for them?

The Call to Action: What do you want them to do next?

Difficult Conversation Planner

Describe a difficult conversation you need to have or recently had.

What is the IDEAL outcome?

What is the worst-case scenario you fear?

How can you start the conversation from a place of shared interest?

Field Notes & Observations

Week 8: Influence & Storytelling: Advanced Scenarios

November 12, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

The Storytelling Blueprint

What is a core message or idea you need to convey this week? (e.g., a project proposal, a difficult decision)

The Hook: How can you start to grab their attention?

The Core Narrative: What is the simple story or journey?

The 'Why': Why should they care? What's in it for them?

The Call to Action: What do you want them to do next?

Difficult Conversation Planner

Describe a difficult conversation you need to have or recently had.

What is the IDEAL outcome?

What is the worst-case scenario you fear?

How can you start the conversation from a place of shared interest?

Field Notes & Observations

Week 8: Influence & Storytelling: Advanced Scenarios

Version 3.0 | Last updated November 13, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

The Storytelling Blueprint

What is a core message or idea you need to convey this week? (e.g., a project proposal, a difficult decision)

The Hook: How can you start to grab their attention?

The Core Narrative: What is the simple story or journey?

The 'Why': Why should they care? What's in it for them?

The Call to Action: What do you want them to do next?

Difficult Conversation Planner

Describe a difficult conversation you need to have or recently had.

What is the IDEAL outcome?

What is the worst-case scenario you fear?

How can you start the conversation from a place of shared interest?

Field Notes & Observations

To effectively communicate, we must realize that we are all different in the way we perceive the world. - Tony Robbins

Week 8: Influence & Storytelling: Advanced Scenarios

November 14, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

The Storytelling Blueprint

What is a core message or idea you need to convey this week? (e.g., a project proposal, a difficult decision)

The Hook: How can you start to grab their attention?

The Core Narrative: What is the simple story or journey?

The 'Why': Why should they care? What's in it for them?

The Call to Action: What do you want them to do next?

Difficult Conversation Planner

Describe a difficult conversation you need to have or recently had.

What is the IDEAL outcome?

What is the worst-case scenario you fear?

How can you start the conversation from a place of shared interest?

Field Notes & Observations

Week 8: Influence & Storytelling: Advanced Scenarios

November 15, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

The Storytelling Blueprint

What is a core message or idea you need to convey this week? (e.g., a project proposal, a difficult decision)

The Hook: How can you start to grab their attention?

The Core Narrative: What is the simple story or journey?

The 'Why': Why should they care? What's in it for them?

The Call to Action: What do you want them to do next?

Difficult Conversation Planner

Describe a difficult conversation you need to have or recently had.

What is the IDEAL outcome?

What is the worst-case scenario you fear?

How can you start the conversation from a place of shared interest?

Field Notes & Observations

Week 8: Influence & Storytelling: Advanced Scenarios

Due by November 16, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

The Storytelling Blueprint

What is a core message or idea you need to convey this week? (e.g., a project proposal, a difficult decision)

The Hook: How can you start to grab their attention?

The Core Narrative: What is the simple story or journey?

The 'Why': Why should they care? What's in it for them?

The Call to Action: What do you want them to do next?

Difficult Conversation Planner

Describe a difficult conversation you need to have or recently had.

What is the IDEAL outcome?

What is the worst-case scenario you fear?

How can you start the conversation from a place of shared interest?

Field Notes & Observations

Week 8: Influence & Storytelling: Advanced Scenarios

November 17, 2025

DAILY OPERATIONS CHECKLIST:

- Initiated one small talk conversation (e.g., with a barista, colleague).
- Made eye contact while speaking and listening.
- Listened without interrupting in a key conversation.
- Asked one open-ended question today.

The Storytelling Blueprint

What is a core message or idea you need to convey this week? (e.g., a project proposal, a difficult decision)

The Hook: How can you start to grab their attention?

The Core Narrative: What is the simple story or journey?

The 'Why': Why should they care? What's in it for them?

The Call to Action: What do you want them to do next?

Difficult Conversation Planner

Describe a difficult conversation you need to have or recently had.

What is the IDEAL outcome?

What is the worst-case scenario you fear?

How can you start the conversation from a place of shared interest?

Field Notes & Observations