

256: Excel at Tough Conversations

10 Point Checklist

David Wood

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“A tough conversation is any conversation that we’re avoiding and we don’t want to have. In fact, the brain doesn’t tell us we’re not having it. The brain doesn’t even consider that we can have it.”

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10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Welcome tough conversations and create an opportunity to tackle them. Sometimes the things people dread the most are the most helpful to their transformation.
- Get to the root of what's bugging me so I can find a faster solution. Don't keep brushing things under the rug whenever I feel negatively about something. Letting things pile up will do no good in the long run.
- Speak my truth even if it's something that might be considered a bit taboo. Talking about having a troubled past should be embraced especially when I've overcome it.
- Be willing to accept the consequences of having tough conversations. Sometimes people involved may respond negatively. Enter the conversation with an open heart and understand that everyone is entitled to their own thoughts, feelings, and opinions.
- Find the right time to open up to someone. Make sure both parties are fully present and in the right headspace.
- Be aware of subtle things. Notice if there's something different about a loved one's behavior or normal pattern. Sometimes cries for help are silent and not easily detected.
- Reflect before confronting others. Consider my intentions. Make sure my goal is to create a positive outcome where both sides can agree.
- Remember it's okay to be vulnerable. I don't have to keep hiding my true emotions. Sometimes being honest about them makes me stronger in the end.
- Check out David Wood's website, to access the [Tough Conversations CARE™ Model](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/excel-at-tough-conversations-with-david-wood>