

# Perceiving Pointlessness with People

Reflect (record in pencil if possible) on how your day went today

Date / Time

1. What action did you alter because you thought it pointless\* to continue?

\* pointless = not worth it, obvious beforehand what the outcome would be, wouldn't work, wouldn't change anything

2. What communication did you alter because you thought it pointless to continue?

3. What action did you not start because you thought it pointless?

4. What action(s) will you take from what you observed in this exercise?

5. What did you learn from doing this exercise? What will you do different based on this?