Follow the steps below to practice with your curiosity and a beginner’s mind. Moving through the steps outlined below provides an opportunity to move from frustration or agitation to peace-of-mind and freedom.

1. Call to mind a time when you felt agitated about something, displeased or frustrated. What do you notice in your body? (perhaps tightness in your chest, anxious feeling in your stomach)?

2. Tune in to those sensations now, placing your hand on the spot in your body where you feel that agitation. Get curious, listen there. What words do you hear there? What is the agitation saying? (This always happens..., He never..., She always..., I can’t...). This is what we mean by colluding energy. Go back and listen again. You may want to revisit the Collusion worksheet from Episode 13, [which you will find here](https://soundcloud.com/rethinkingleadershippodcast). There was a lot there that will help us see more clearly our collusion, that is, the things we say to ourselves that perpetuate the status quo or the very experience we are feeling agitated about.

3. Try on your ‘beginner’s mind’ here. What if you didn’t have the history with this person? Envision that person now in your mind’s eye. What might it be like for them in this situation? Remember that every person on the planet has a story that we know nothing about! Can I assume the best intentions and give them the benefit of the doubt?

   So rather than judge the impact that he or she is having on me in this moment, I get curious about who they are and what it might it be like to be them right now.

4. And take a breath here. Let the space between you clear, free of judgment and negativity, and sit in the open space for a moment.

5. Now pull the situation back in. What else could this mean? What options or new possibilities do you see?