



# Habits for resilient relationships at work

- 1 **Notice what you appreciate in your colleagues** - their strengths, qualities & talents
- 2 **Listen to understand**  
Really concentrate and hear what's actually being said
- 3 **Give some recognition** - from a simple thank you to a specific appreciation
- 4 **Remember you both count**  
Make sure you value yourself and the other person equally
- 5 **Show enthusiasm** for what's going well before you point out anything that isn't going so well
- 6 **Speak respectfully about others** especially when they are not there
- 7 **Believe in yourself**  
Remember what you're good at and demonstrate this
- 8 **Focus on what you have in common** to build a bridge between your differences
- 9 **Stand in someone else's shoes** to see how things seem to them
- 10 **Show interest and curiosity** in something that matters to a colleague
- 11 **Identify, and remember, what's good in others** especially when you or they are having a tough day
- 12 **Share something that made you laugh**  
Find out what others find funny
- 13 **Value yourself and the other person equally** - especially when you disagree
- 14 **Share something uplifting**  
Inspire someone
- 15 **Give a kind message to yourself** - and believe it

- 16 **Reflect on your day**  
What's your good intention for tomorrow?
- 17 **Pause**  
Think before you speak to be sure you have the right impact
- 18 **Change your relationship with your phone** to focus on relationships at work and at home
- 19 **Listen without judgement to others**  
Don't be distracted by your opinions
- 20 **Be kind to someone** - it makes a big difference
- 21 **Apologise when you make a mistake**  
Acknowledge any errors
- 22 **Empower someone**  
How can you be more trusting and enabling today?
- 23 **Find your calm**  
You and the people around you will perform better
- 24 **Show some adaptability** - it doesn't have to be your way
- 25 **Communicate what's bothering you** - along with a solution
- 26 **Prevent the same old ways**  
Recognise and allow for differences
- 27 **Smile at people** so that you show some genuine warmth when you greet them
- 28 **Let others know what you appreciate about them** - they probably don't know
- 29 **Listen to your tone**  
It's not what you say, it's how you say it. Show respect
- 30 **Find common ground behind your disagreements**  
Remind yourselves of what you do agree on



**Keep track of your progress**  
Tick each day that you have practised one/some of these habits  
Or, note the number of the habit for the day

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