

NO PUKE ZONE



Do You Puke?

Pausing and pointing to what's wrong, dark, and the injustices of the past or present,

Uncharitable to those who have differing world views than you.

Keept the conversation in your head and heart and with others focused on the incorrectness of those that differ with you.

Engaging is tearing down the views and the people who differ from your world view.

THIS IS A NO PUKE ZONE

Recovering from a PUKE Session

- 1) **P**ush people and personalities up rather than down
- 2) **U**p Lift situations through always having at least two solutions
- 3) **K**eept your conversations on building people and programs
- 4) **E**stablish "if you have nothing nice to say, say nothing at all" as your code of conduct

Matt Upton, CEO
"Chief Encouragement Officer"
916.708.8103
Matt@MattUpton.net