

# The Art of Generous Learning

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Generous Learning Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. We realize that teaching others is a generous act, but being willing to learn from others can be generous as well.

2. Have you made an effort to find out what your team members know that you do not? Have you created an environment where people expect to learn from each other, including yourself?

3. No one is all-knowing so it stands to reason that people are always going to know things that you don't know.

4. It may feel a bit disconcerting at first to encourage people under you to show you something that they know more about than you do, but an excellent way to promote this is to ask team members to teach something, and then make an effort to actually learn it and make use of it.

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5. If you are reluctant to seek out what you can learn from your team members, start with something small. For instance, if one of your team members speaks another language, ask them to teach you a few phrases.
6. Learn the phrases and accept instruction on pronunciation, and when you see that person greet them with those phrases.
7. Train yourself in the habit of learning from your team. It will be easier for you to ask about things you are genuinely interested in, but you can also discover ways of being genuinely interested in what each person can offer.
8. Everyone has something they can teach, even if they don't know it. By creating conditions for your team members to discover things they can teach, and offering to do so, you are encouraging generous learning.
9. Perhaps you could try a lunch and learn session where team members can present topics for their colleagues in which they have particular expertise.
10. Set an example by asking questions without sounding like you are testing them and let them explain it to you when others can hear too.
11. Some people may be hesitant to offer what they know, but once your team is comfortable with this "round table" approach, it may be easier for them to show what they know and help their teaching to emerge.
12. If you can acquaint your team in the art of generous learning, when challenges arise and you have questions as to best course of action, you will have the ability to draw from each other for the solution.
13. How will you take what you learned from this forward into your life?

*Thank you for your mindfulness practice.*