

PODCAST STUDY GUIDE

The Reverse Golden Rule

EPISODE 59

Treat yourself like someone you are responsible for helping.

Think about what that might look like for a minute.

Think about the people you are responsible for helping — maybe it's your kids, customers, aging parents, people in your community, employees, friends, siblings, or pets — and ask yourself the following questions:

- How do you show up for them?
- How do you interact with them?
- How do you speak to them?
- How do you regard them?
- How do you help them?
- How do you know how to help them?

What would happen if you paused here, treated yourself like someone you are responsible for helping, and asked, "How can I best help me here?"

Natalie Brown

IT BEGINS WITH A THOUGHT COACHING