

# UNSELFISHNESS EXERCISE

A TIME SOMEONE WAS SELFLESS TOWARDS YOU

PERSON	
Their Challenges	How You Can Help

WRITE DOWN THREE SELFLESS ACTS YOU CAN DO FOR THE COMPANY

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NO LATER THAN AND BATTLE BUDDY

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**GUNNY TIP**

- Be the right hand Spartan!

*“WASH THE PLATE NOT BECAUSE IT IS DIRTY, NOR BECAUSE YOU ARE TOLD TO WASH IT, BUT BECAUSE YOU LOVE THE PERSON WHO WILL USE IT NEXT.” – MOTHER TERESA*

# UNSELFISHNESS RESOURCES

- Watch [https://www.ted.com/talks/simon\\_sinek\\_why\\_good\\_leaders\\_make\\_you\\_feel\\_safe?share=18bcab0a22](https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe?share=18bcab0a22)
  - Write down what stood out to you the most. Share that with a friend or peer and get their feedback.
- Read *Leaders Eat Last* by Simon Sinek.
  - Summarize each chapter in paragraph.
- Watch [https://www.ted.com/talks/stanley\\_mcchrystal#t-914407](https://www.ted.com/talks/stanley_mcchrystal#t-914407)
  - Pay attention to the Ranger Creed excerpt at the end. Write down three ways in which you can do something similar professionally. For example, when a subordinate is struggling financially, you could offer financial resources or book recommendations.
  - Commit to helping your people, even if it's after hours and off the clock, to achieve and overcome. Write down the examples of times you do this.
- Devote one hour each week to helping a peer or subordinate, or divide that time among several (i.e. 20 minutes for 3 people). Write down what you've learned each week. Continue doing this for one month and summarize what the results were.
- Watch [https://www.ted.com/talks/abigail\\_marsh\\_why\\_some\\_people\\_are\\_more\\_altruistic\\_than\\_others#t-724561](https://www.ted.com/talks/abigail_marsh_why_some_people_are_more_altruistic_than_others#t-724561)
  - Write down your "circles". For example, your inner circle might be family, the next extended family, then friends, etc. What circle do your professional relationships fall into? Write down how you can move them closer to your inner circle, or how you can move into theirs. Things like looking at them as a person, understanding some of their current struggles and ways you could help, etc.
- Read <https://www.prevention.com/mind-body/emotional-health/research-you-can-become-more-compassionate>
  - Practice the 5 methods to grow compassion over the course of a week. Log what you learn and share the results with your supervisor during your next evaluation.