

## Synergy Journal

Directions: Choose one of the following tasks. Complete it today or this evening. Journal about it here. These will be due tomorrow.

1. Try implementing the synergy action plan when a disagreement with a parent/family member or friend arises or while working in a group in one of your classes.
2. Share a problem you are having with a trusted person and see if exchanging viewpoints leads to new insights.
3. Look around and notice times of synergy in the real world (these happen everyday and we may or may not notice them) What does it look like? What would happen if this group or pair did not have synergy? Were people working together or not? How?
4. Pick a time to celebrate someone's differences. Journal about how accepting diversity felt and looked like?