

OPTIMISTIC TEAMING EXERCISE #2: ACCEPTANCE POSTER

APPENDIX
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Sometimes, we just need a reminder. Use this poster (or one of your own design) that helps you and your team remember to accept moments as they come. We will always be more equipped to handle tough situations the sooner we accept them. Remember, acceptance doesn't equal approval. The human mind can hold onto two truths at once: We can accept our reality as it is *and* we can disapprove of what happens in that reality. The trick is we won't be able to effect change until we accept our circumstances completely and totally.

ACCEPTANCE POSTER:



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