Heroes

Villains

compassionategeek.com
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The Competency-Charisma Continuum

	Competent/No Charisma					Competent and Charismatic			
10									
9									
8									
7									
6									
	No Competency/No Charisma					Charisma/No Competence			
5									
4									
3									
2									
1	2	3	4	5	6	7	8	9	10

Resources

Website: www.doncrawley.com

Blog: www.compassionategeek.com

YouTube: www.youtube.com/doncrawley

Facebook: www.facebook.com/DonRCrawley

Twitter: www.twitter.com/doncrawley

LinkedIn: https://www.linkedin.com/in/doncrawley

Compassionate Geek Podcast

iTunes: https://itunes.apple.com/us/podcast/the-compassionate-geek/id660882564?mt=2

Stitcher: http://www.stitcher.com/podcast/don-r-crawley/the-compassionate-geek

Tech Resources

Tech training website: www.soundtraining.net

YouTube: www.youtube.com/soundtraining

Books

http://amazon.com/author/doncrawley

The Compassionate Geek: How Engineers, IT Pros, and Other Tech Specialists Can Master Human Relations Skills to Deliver Outstanding Customer Service
(ISBN13: 9780983660736)

Don't Believe Everything You Think
(ISBN: 1591024080)

How to Win Friends and Influence People
(ISBN: 0671027034)

Man's Search for Meaning
(ISBN: 0671023373)

7 Habits of Highly Effective People
(ISBN: 1476740054)

10 Days to Becoming a Compassionate Geek®

DAY #: **DATE:**

Morning Goals

INSTRUCTIONS: Spend three minutes in the morning each day for 10 days total.
Do it no less than once per week, ideally every day for 10 days in a row.

To improve my technical skills, today I will …

_____

_____

To be more compassionate, today I will …

_____

_____

To show more empathy, today I will …

_____

_____

To be a better listener, today I will …

_____

_____

To show more respect, today I will …

_____

_____

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Evening Log

INSTRUCTIONS: Spend three minutes in the evening each day for 10 days total. Do it no less than once per week, ideally every day for 10 days in a row.

(This is where you write down what you did during the day. Compare what you did to your daily goals. Do this on the same days when you write in your morning log.)

Today, I improved my **technical skills** by …

_____

_____

Today, I was **more compassionate** when …

_____

_____

Today, I showed **more empathy** when …

_____

_____

Today, I was **a better listener** when …

_____

_____

Today, I showed **more respect** when …

_____

_____

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