

WALK THE TALK PRACTICE LOG EXAMPLE

Date		Practice Instructions	Walk the Talk – Example
4/15	1. Review	Review your core values/guiding principles and select one where there is a gap between your walk and your talk.	Service
	2. Reflect	Reflect on your behavior and describe how it was not congruent with your espoused values.	Didn't make myself available to someone who could have really used my help.
	3. Recommit	Recommit by describing what you intend to do in the future to close this gap.	Apologize and look for future opportunities to help this person and be of more consistent service to others.

Date		Practice Instructions	Walk the Talk – Example
4/22	1. Review	Review your core values/guiding principles and select one where there is a gap between your walk and your talk.	Kindness
	2. Reflect	Reflect on your behavior and describe how it was not congruent with your espoused values.	Was overly harsh with a friend who let me down
	3. Recommit	Recommit by describing what you intend to do in the future to close this gap.	Express my feelings without blaming or name calling

Date		Practice Instructions	Walk the Talk – Example
4/29	1. Review	Review your core values/guiding principles and select one where there is a gap between your walk and your talk.	Success
	2. Reflect	Reflect on your behavior and describe how it was not congruent with your espoused values.	Didn't apply for an assignment that I was highly qualified for until it was too late
	3. Recommit	Recommit by describing what you intend to do in the future to close this gap.	Make a point to immediately step up to take advantage of opportunities without delay or excuse