NAME	PERIOD	

DIALOGUE TRACKER

THE WORDS WE USE, POSITIVE AND NEGATIVE, IMPACT THOSE AROUND US. Just like characters in books, if we only speak to others negatively, our story might not be a happy one. For a total of 3 days, put forth conscious effort to use positive dialogue. Encourage. Compliment. Recommend. Build up. Help. Keep record of a few conversations below to keep track of how your story might change, if the dialogue changed.

Go out of your way to say things that are helpful, but try to be specific with each person. Example: instead of simply saying, "Thanks!" try to say, "Corbin, you did a great job when you cleaned up. Thank you." Even if you need to say something that could be negative, try to phrase it in a more positive way. For example: Instead of saying "Shut up!" try to say "Please be quiet."

Who did you talk to?	Date of conversation	How did your words impact the listener?	What would have been the impact if you had said that negatively? What would have changed?