

***Helen Rodriguez-Trias Worksheet***

**Unify To Solve Problems**

Rodriguez-Trias raised a unifying voice. Take note of her principle-driven words. Let them point the way for your problem-solving through unity as you:

**FIND THE COMMON GROUND**

*I began to understand that we were coming to different conclusions because we were living different realities. **Ask yourself:***

What is the best way for me to discover the common ground that I have with others so we can unify around shared experiences and work together towards the same goals?

**FLOURISH WITH EACH OTHER**

*I am proud that I made my contribution in moving forward that dialogue among many women . . . We had to listen to each other . . . **Ask yourself:***

What steps can I take to make sure I implement Rodriguez-Trias' strategy to **Listen/Understand/Act?**

**FIGHT FOR EVERYONE'S WELL-BEING**

*No one is going to have quality of life unless we support everyone's quality of life . . . **Ask yourself:***

What are some strategies that I can adopt so that I am battling not just for my own well-being but for for everyone's well-being?