

The COOPERATIVE ACTION MODEL© CREDO

- 1. I will celebrate the individual.*** Not everyone has to be like me and I need to celebrate everyone's right to be different even if I don't agree with them.
- 2. It's OK to be me.*** There is nothing wrong with me. I am a good person and because I know that, I don't have to put others down or gossip. I will do my best not to harm anyone as I go through this journey.
- 3. I will communicate and negotiate all of my boundaries.*** When I make sure others understand what my boundaries are I will not be put in a position to be doing something that I don't want to do and therefore can eliminate conflict in my life.
- 4. I will do my best to accommodate.*** I will come from a place that if I can I will, but I will not lose my sense of self in any situation.
- 5. I will build all relationships on trust and respect, not power and ownership.*** I understand that I should trust that most people just want to do the right thing. Power and ownership may get compliance, but it will not attain buy-in.
- 6. I will walk away and let it go.*** When I can learn to walk away mentally then I may not need to walk away physically. I will not carry the baggage of that person or that incident with me and I will let it go.