

YES,

- Appreciation
- Acknowledgement
- Heard
- Validation
- Encouragement
- Acceptance

AND...

- Adding
- Building
- Collaborating
- Connecting
- Inspiring
- Creating

- ❖ I want to go for a run **BUT** I'm keen to watch a movie.
- ❖ I want to loose weight **BUT** I've craving of Ice Cream.
- ❖ I want to quit drinking **BUT** I've a special celebration.

BUT vs AND

- ✓ I want to go for a run **AND** I'm keen to watch a movie.
- ✓ I want to loose weight **AND** I've craving of Ice Cream.
- ✓ I want to quit drinking **AND** I've a special celebration.