

# Do you need to **SHIFT THE BULL?**

Here are eleven principles you can apply today. Now you can stop blaming other people for the amount of bullshit in your workplace and shift it yourself.

1. Don't be defensive  
**BE CURIOUS**
2. Don't make excuses  
**TAKE RESPONSIBILITY**
3. Don't waffle  
**USE LESS WORDS**
4. Don't use corporate speak  
**USE REAL WORDS**
5. Don't have an opinion if you don't need one  
**STAY OPEN**
6. Don't Express Opinion as Fact  
**USE "I" STATEMENTS**
7. Don't get too emotionally invested  
**DETACH AND REFLECT**
8. Don't gossip  
**BE RESPECTFUL**
9. Don't pretend  
**BE AUTHENTIC**
10. Don't use sarcasm  
**SAY IT STRAIGHT or DON'T SAY IT**
11. Don't mutter  
**SPEAK UP**

