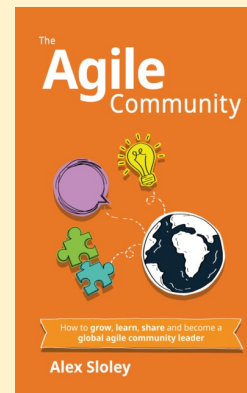


The Fine Art of Zero F***s Given V1

#AgileZFG



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Charles Bronson Crew

@therealCBC · [Follow](#)



 in public all over Sausalito, giving zero
fs.

3:15 PM · Mar 29, 2009



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"Urinated in public all over Sausalito, giving zero fucks." by Charles Bronson Crew

Why?

POWER!!!



"Mysterious-Kitty" (CC BY-SA 2.0) by Chris Sorge



Not I Don't Care

How can you care and also give no f***s?

Lowers stress levels

Unleashes creativity

Things become clear

PERSECUTOR

RESCUER



Drama Triangle

VICTIM

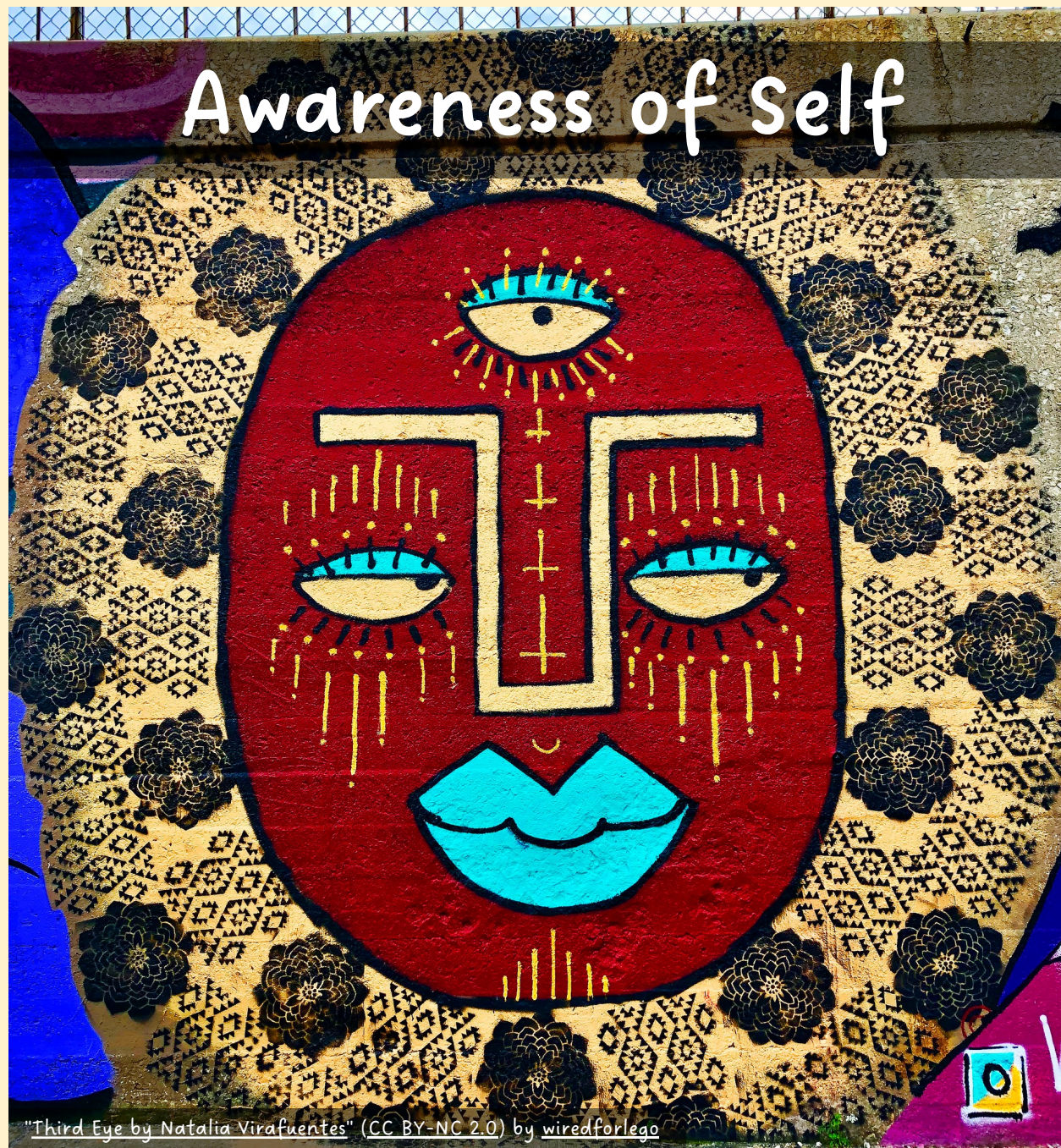
What role do you usually play?

Power in conflicts

People being selfish

No meaningful change results

Awareness of Self



"Third Eye by Natalia Virafuentes" (CC BY-NC 2.0) by wiredforlego

What emotion do you experience when you need ZFG?

Monitor own emotions

Recognize own reactions

Identify own emotions

Regulation of self



How do you practice control of self?

Control of self

Ethical reaction

Open to change



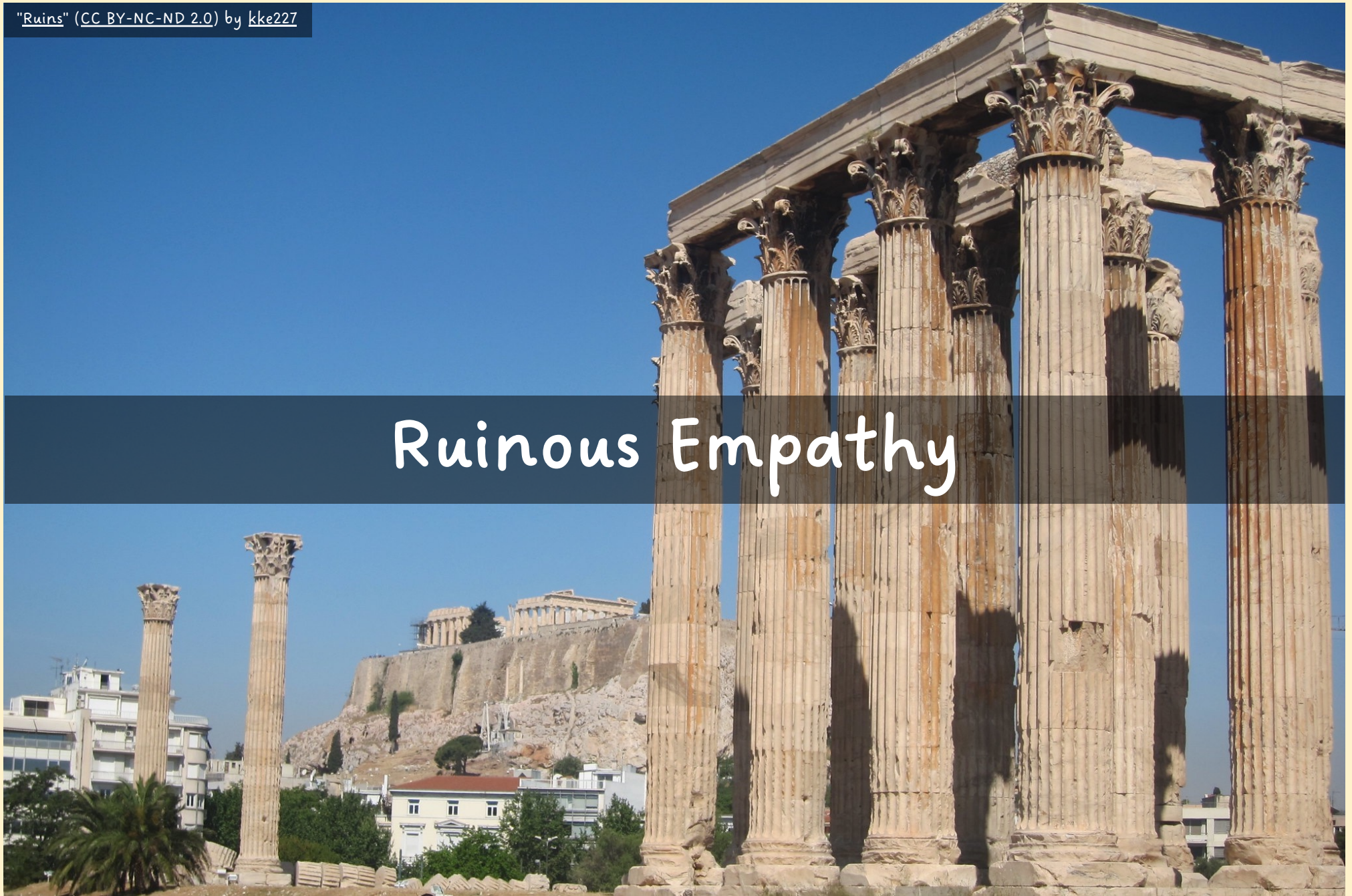
"ethics!" (CC BY-NC-ND 2.0) by amk713

How are you an ethical ZFG master?

- I will consciously avoid situations where I benefit myself to the detriment of the client and stakeholders so that I may maintain professional judgment and objective thinking.
- I will make it transparent if my client is forming dependencies on my services and will work towards their own self-sustaining agility.
- I will create awareness when power, privilege and rank are impeding my client's goals or my ability to serve them effectively.

"Ruins" (CC BY-NC-ND 2.0) by kke227

Ruinous Empathy



How can you be radically candid and not a jerk?

Nice and damaging

Avoiding emotional response

Trying to control another person

Clean Feedback



"Bath with bubbles" (CC BY-NC-ND 2.0) by AMCSviatko

When was the last time you created fear?

Understand bias

Acknowledge bias

State interpretation

Zen



"junk garden motorcycle" (CC BY-NC-ND 2.0) by [nicknormal](#)

How does your ZFG benefit others?

Perceiving true nature

Benefit for others

Without arrogance or egotism



External

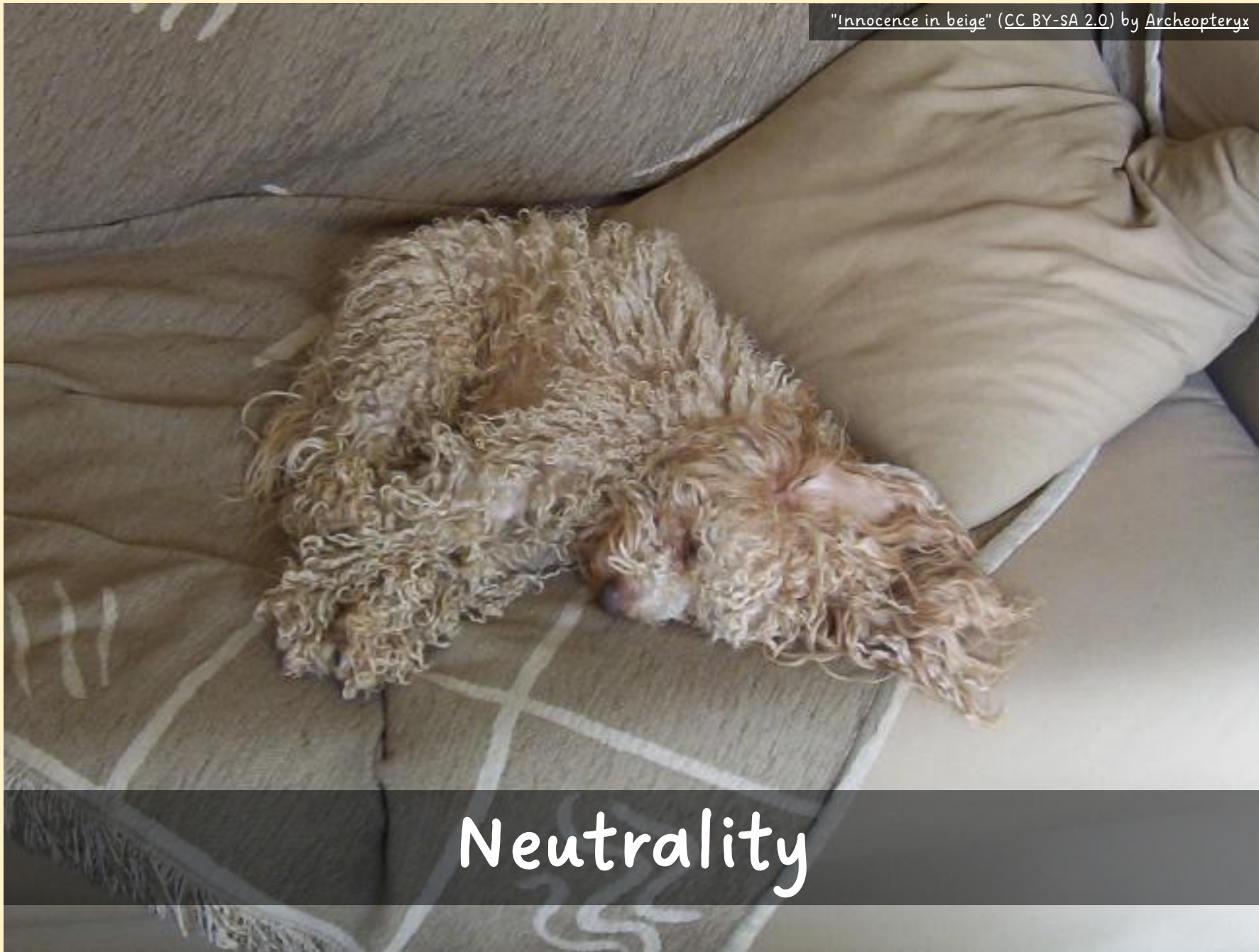
How are you speaking truth to power?

Retrospectives and managers

Internal versus external

Speak truth to power

"Innocence in beige" (CC BY-SA 2.0) by Archeopteryx



Neutrality

How are you expressing neutrality?

Tolerance

Indifference

Lack of involvement



Objectivity

"My Brain 5" (CC BY-NC-ND 2.0) by Rorra

How do you express your observations?

Uninfluenced

Unbiased

Uninhibited

Fear is the Mind Killer



"Dunes" (CC BY-NC 2.0) by Hembo Pagi

When was the last time you felt fear at work?

I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.

"Tiny Ducklings Leap from Tree" by National Geographic



When you achieve ZFG mastery...

Is it power over others?
Or is it power over yourself?





Thanks! Group hug!
<https://agiletwist.com/ZFG>