**~ Listen UP! ~ Worksheet 1 - November 2019**

Hello lovely laydee – take the time to fill in this worksheet before you start the tutorial and the tools for the month. The self-awareness you gain will be really valuable. Let’s go!

How would you rate yourself out of 10 as a communicator?

1 2 3 4 5 6 7 8 9 10

**Who is the best listener in your life?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Who is the worst?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How do you prefer to communicate when you have something important to convey?**

Face to face? Text? Email? Whatsapp? Facebook? Letter? Smoke signal? Phone?

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**Where do you have a situation right now where you DO feel heard and understood?**

Who by? What do they do to create that understanding? What do you do to create that understanding?

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**Is there a situation in your life right now where you are NOT feeling heard?**

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Why? Describe your communication as best you can. What have you been saying? Who has or hasn’t been listening? How does that feel?

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Why are they not hearing you? Describe their communication as best you can. What have they been hearing?

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**Do you have someone ELSE in your life (friend, partner, colleague) who has a life situation right now who is confiding in you?** What’s going on? Do you think they do truly feel heard by you or not? How are you creating that dynamic? Is there something you think they should do? How do you communicate?

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*Well done, sweet lady – that was a real thought provoking worksheet, yes? Well done on putting the effort - it will accelerate your progress this month as we learn the skills to Listen Up. Go enjoy the tutorial – and I’ll see you there.*

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