My Communication Toolkit

Name:

Helpful Words:

- **Communication** = expressing myself and listening to others with clarity and respect
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the strengths that help me connect, collaborate, and lead

Directions:
Use **words or drawings** to reflect on your communication growth.

Use the back of this sheet if you need more space.

1. **One strength I have as a communicator is:**

2. **One area I want to improve is:**

3. **A strategy I can use when I feel misunderstood is:**

4. **Here's what "good listening" looks like to me:**

5. **My Communication Superpower helps me do these things:**

6. **Strong communication helps me grow my personal competitive advantage by:**

7. **This is how communication supports the lifestyle I want to live:**

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