My Active Listening Plan

Name:

Helpful Words:

- **Active Listening** = giving full attention to someone with my ears, eyes, and attitude
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the habits that help me connect, understand, and succeed with others

Directions:
Use **words or drawings** to reflect and plan your growth.

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

1. **One challenge I have when listening is:**

2. **A moment I listened well recently was:**

3. **Here's what I can do to become a stronger listener:**

4. **My Active Listening Superpower helps me do these things:**

5. **One setting where I want to listen better is:**

6. **Active listening helps me grow my personal competitive advantage by:**

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

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