



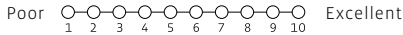
**LOOKING AHEAD:**

# Listening

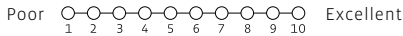
What is the conversation where you intend to practice listening with empathy?

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On a scale of 1-10, how interested do you expect to be in this conversation?



On a scale of 1-10, how committed are you to listening with empathy?



What can you do to increase your interest and commitment?

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What can you do to ensure that the focus of the conversation is on others rather than yourself?

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Have you cleared your mind? Is there anything else you need to do to make sure you are ready to listen without preconceptions and with empathy?

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What can you do to make sure you focus on the emotions and needs of others?

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