

12 LIFE SKILLS – ASSIGNMENT

Session Six – The Skill of Listening

1. Who do I feel has listened to me and what were the results?
2. Who in my life has *failed* to listen to me and what were the results?
3. Who in my life do I need to listen to better? Why?
4. What are the barriers to listening that I tend to do most easily?
5. What skills do I perform well and which skills do I need to focus on and improve?
6. Who can I ask to help me and hold me accountable?