



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: