



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: