



My Communication Toolkit

Name: _____

Helpful Words:

- **Communication** = sharing and listening clearly, kindly, and confidently
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Your voice and ears are tools for connection!

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

1. One way I like to express myself is:

2. One thing that helps me listen better is:

3. When I need help, I can say:

4. A time I felt proud of my communication was:

5. This is how communication helps me build strong friendships:

6. This is how communication helps me grow my personal competitive advantage:

7. This is how communication helps me live the lifestyle I want: