



My Listening Superpowers

Name: _____

Helpful Words:

- **Active Listening** = giving full attention to understand someone
- **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. Use your listening powers to connect with others!

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

1. One way I show I'm listening is:

2. Something I heard today that was important is:

3. My eyes, ears, and heart help me listen by:

4. A time I listened really well was:

5. My listening superpower is called:

6. Listening helps me grow my personal competitive advantage by:

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