

ECHO: Challenge for the Day:

1. General Challenge:

Today, practice Echoing in every conversation that matters. Show your spouse, your child, your friend, your coworker or boss that you really listened to what they had to say by Echoing back to them. Be as detailed as possible when you Echo. Then ask if you heard correctly. By Echoing back you demonstrate not only that you have listened to them, but valued them as well.

2. Specific Challenge:

Today with your One Person To Value, practice using the first three steps of PLEDGETalk in and throughout every conversation:

1. Pausing (to consider your words)
2. Listening (to hear and understand their words)
3. Echoing to show her/him that they have value! Echo back in detail to show that you have been listening, to clarify any area that you missed, and to demonstrate that they have value!

3. Change Factor: *practice, practice, practice!*

We have all known the power in practicing something over and over again. Our big introduction to this idea came when learning to walk! Changing habits, and in this case, becoming a better communicator simply takes practice. And lots of it! So today practice pausing, listening, and echoing, over and over with your OPV. If it seems uncomfortable to you or your OPV, just tell them you are practicing to becoming a better communicator. **Today, Practice, practice, practice - it's a Change Factor!**

Today's action steps (Summary):

1. Practice echoing today in every conversation that matters
2. Practice pausing, listening, echoing with your OPV.
3. Practice over and over and over, explaining why if they ask.
4. **By day's end, complete today's assignment on the OPV Worksheet.**

See you in tomorrow's video!