

## GIVE: Challenge for the Day:

### 1. General Challenge:

**In your conversations today, do all you can to put your own thoughts and feelings on hold in order to practice being “quick to listen and slow to speak.”**

Take careful note of all your conversations today. Are you talking or listening more? How eager are you to pitch your thoughts and ideas rather than listen to others? The Apostle James once said: “Everyone should be quick to listen, slow to speak....” James 1:19 NIV

### 2. Specific Challenge:

**Today with your One Person To Value, practice *asking* if you can share your views on a subject - *after* having asked them for theirs.**

The question arises: “When do I share my thoughts and perspectives on a matter?” Stephen Covey says: “Seek first to understand, then to be understood.” PLEDGETalk’s answer is very similar: wait to share your thoughts until after you have gone through the first four steps: Pause, Listen, Echo, Disarm. When you do, you are valuing the other person above yourself. In many cases that same value will naturally be reciprocated. In other words, they will then ask you for your perspective. And if they don’t, you can ask if they would like to hear yours. Asking to share is a far better way of communicating than interrupting to force your views into the conversation.

### 3. Change Factor: *mining good data out of bad experiences:*

PLEDEtalk is really quite simple, and yet not so. It takes work and intentionality. You must choose to communicate in a healthy manner. Often it just seems complicated. When we have a conversation that doesn’t seem to go well, we get discouraged. We are tempted to give up. Instead, sit back and ask: “what went wrong? Where might the problem lie?”

**Remember to mine good data out of bad experiences - *this is a Change Factor!***

## Today’s action steps (Summary):

1. Practice being “quick to listen and slow to speak.”
2. With your OPV, *practice asking to share* after listening, echoing, & validating them first.
3. Use any bad experiences as opportunities to reflect and learn.
4. **By today’s end fill in the questions on your OPV worksheet!!**

See you in tomorrow’s video.