

LISTEN: Challenge for the Day:

Remember in each Challenge for the Day you will see a General Challenge, a Specific Challenge, and a Change Factor.

1. General Challenge:

Today, practice listening with everyone: “pay close attention in order to hear and consider seriously what they have to say.” (The Merriam Webster definition of listening.)

Do this with family members, with friends and co-workers, with your boss, with your neighbor, and even the cashier as you walk through the line at the grocery store.

2. Specific Challenge:

Today do the following when your One Person of Value (OPV) is speaking to you:

1. **Practice pausing:** momentarily pause (in your mind) to remind yourself that you are seeking to value them through your listening NOT your speaking.
2. **Practice listening both to hear and to understand, NOT defend!** Stay in the listening mode (do not interrupt!) until you are certain you have heard and understand them by considering their thoughts and feelings. (For most, this will take great effort.)

On your One Person To Value (OPV) worksheet, you will be asked to write a summary of what you learned on at least one occasion of intentionally listening to your OPV.

3. Change Factor: *the power of naming*

Name two or three triggers of conflict between you and your OPV. A trigger is something that often causes a conflict. It could be a touchy subject, a recurring challenge, or a negative tone. *Naming your triggers is a Change Factor.* By recognizing and **naming** them you will be better prepared to Pause and Listen the next time they occur!

Today's action steps (Summary):

1. Practice listening - seriously considering what everyone around you has to say.
2. Practice pausing *and* listening with your OPV to understand with your OPV.
3. Name two to three triggers of conflict between you and your OPV.
4. **By today's end, fill out the blanks on your One Person To Value worksheet.**

See you in tomorrow's video!