

LISTEN Challenge for The Day:

1. Today's Challenge:

Look for opportunities to spend time conversing with your One Person of Value (OPV) today. Choose to spend at least one block of time for 15 minutes or longer where you engage in a dialogue with them. When doing so, practice the following two principles whenever your One Person of Value (OPV) is speaking to you:

1. **Practice pausing.** Repeatedly 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 understood 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 today.

2. The 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!

When writing in your OPV worksheet this evening, you will be asked to name and write down what these triggers are.

Today's action steps (Summary):

1. Practice pausing *and* listening with your OPV to grow in your understanding of them.
2. Name two or three triggers of conflict between you and your OPV.
3. By today's end, fill out the blanks on your One Person To Value worksheet.

See you in tomorrow's video!