

## ECHO Challenge for the Week:

### 1. This Week's Challenge:

Once again, be deliberate about having conversation with your One Person of Value (OPV) this week. Be sure to include one block of time a day for at least 15 minutes. One way to do this is to simply ask them “what are you looking forward to today?” OR at the end of the day, “Tell me about your day--what was your high points or low points?” When doing so, take up the challenge below:

**Your Challenge is to 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 with as much detail as possible to show that you have been listening, to clarify any area that you missed, and to demonstrate that they have value!*

### 2. 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 and every day this week, practice pausing, listening, and echoing, over and over with your OPV--and really everyone you meet! If it seems uncomfortable to you or your OPV, just tell them you are practicing to become a better communicator.

**This week, *practice, practice, practice--it's a Change Factor!***

### **This week's action steps (Summary):**

1. Practice Pausing, Listening, and Echoing with your OPV in every conversation.
2. Practice over and over and over, explaining why if they ask or you feel uncomfortable.
3. By week's end, complete this week's assignment on the OPV Worksheet.

See you in next week's video!