

## LISTEN Challenge for The Week:

### 1. This week's Challenge:

**This week, practice listening: “pay close attention in order to hear and consider seriously what another has to say.”** (The Merriam Webster definition of listening.)

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

1. **Practice pausing.** Deliberately and repeatedly pause to remind yourself that you are seeking to value them through your listening. Do not hijack the conversation. Pause longer than you are comfortable, thereby inviting even further sharing on their part.
2. **Practice listening both to hear AND to understand--not defend!** Listening well is a way to honor others and help them feel cared for and valued. 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.
3. **Practice drawing them out.** Ask questions to gain further insight. Pay attention to specific words and phrases that grab your attention and ask them to explain more like “why did you use that word or phrase? Can you tell me more?” You know you have listened well when you experience those “aha” moments as if you were seeing from their perspective. This is often when one experiences empathy for another.

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 this week.

### 2. The Change Factor: *the power of naming.*

**Name at least three triggers of conflict between you and your OPV.** A trigger is something that often causes a conflict.



A trigger 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 week, you will be asked to name and write down what these triggers are.

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

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

See you in next week's video!