



This workbook is just for you. No one else!

We recommend you use it to complete the activities you are guided through during the modules.

Ideally you will print it out and have it next to you as you work through the modules.

There is real power in writing things down both for your own clarity and in defining clear goals, we hope you take the time to do this.

*"Most people don't listen to understand,
they listen to respond"*

Your active listening audit!



Personal Reflection 1

On a scale of 1-10 how would you rate your active listening skills? You might choose to think about this in terms of your class, your friends or your family.

Where do you have an opportunity to do better?





Personal Reflection 1

How do you think your listening skills might impact those in your life?

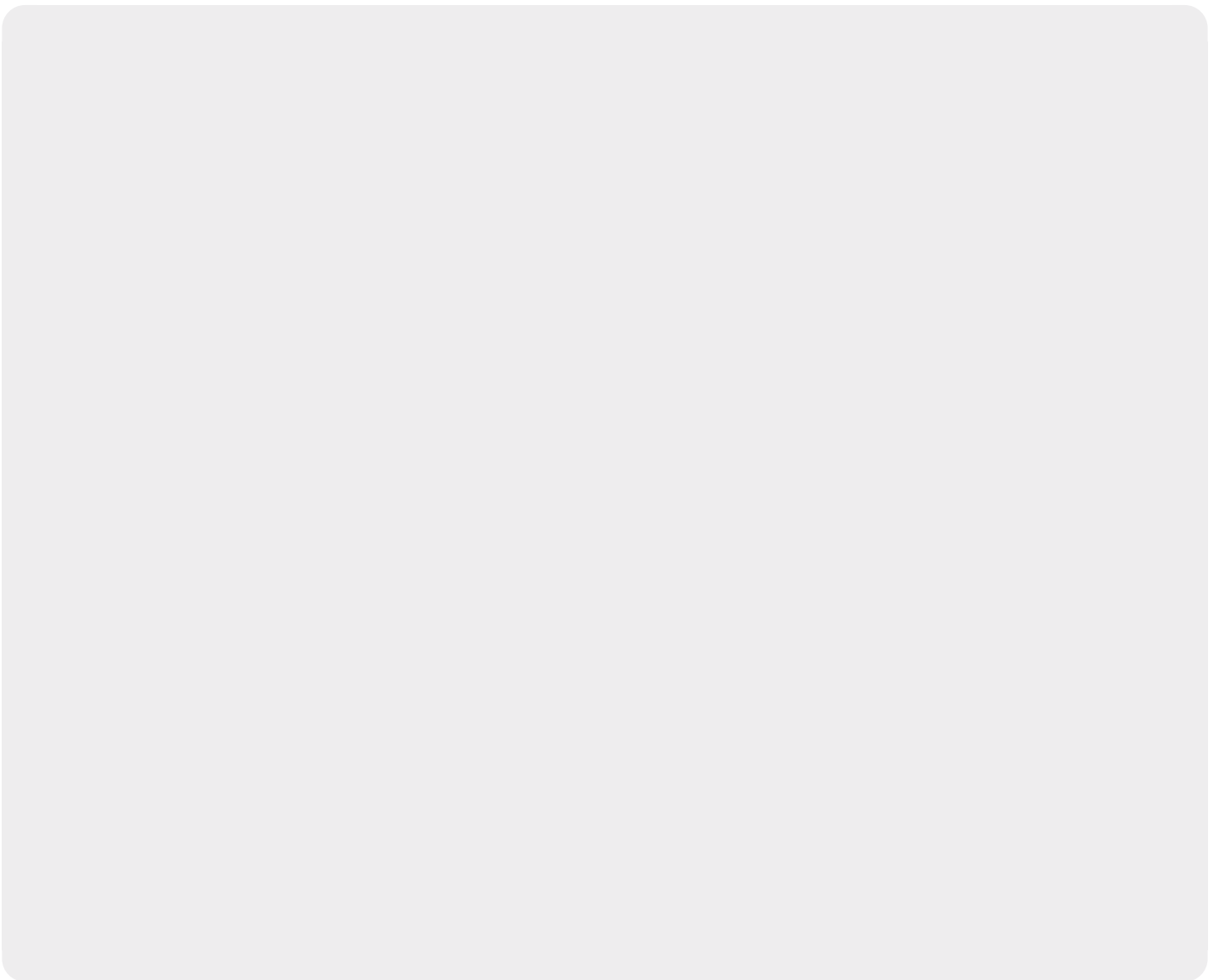
What steps are you going to take to focus more on active listening?





Personal Reflection 2

How do other people experience your character strengths? If you think about your top strengths, how might others experience them? Think of a recent example of a difficult time, how did your strengths come across?

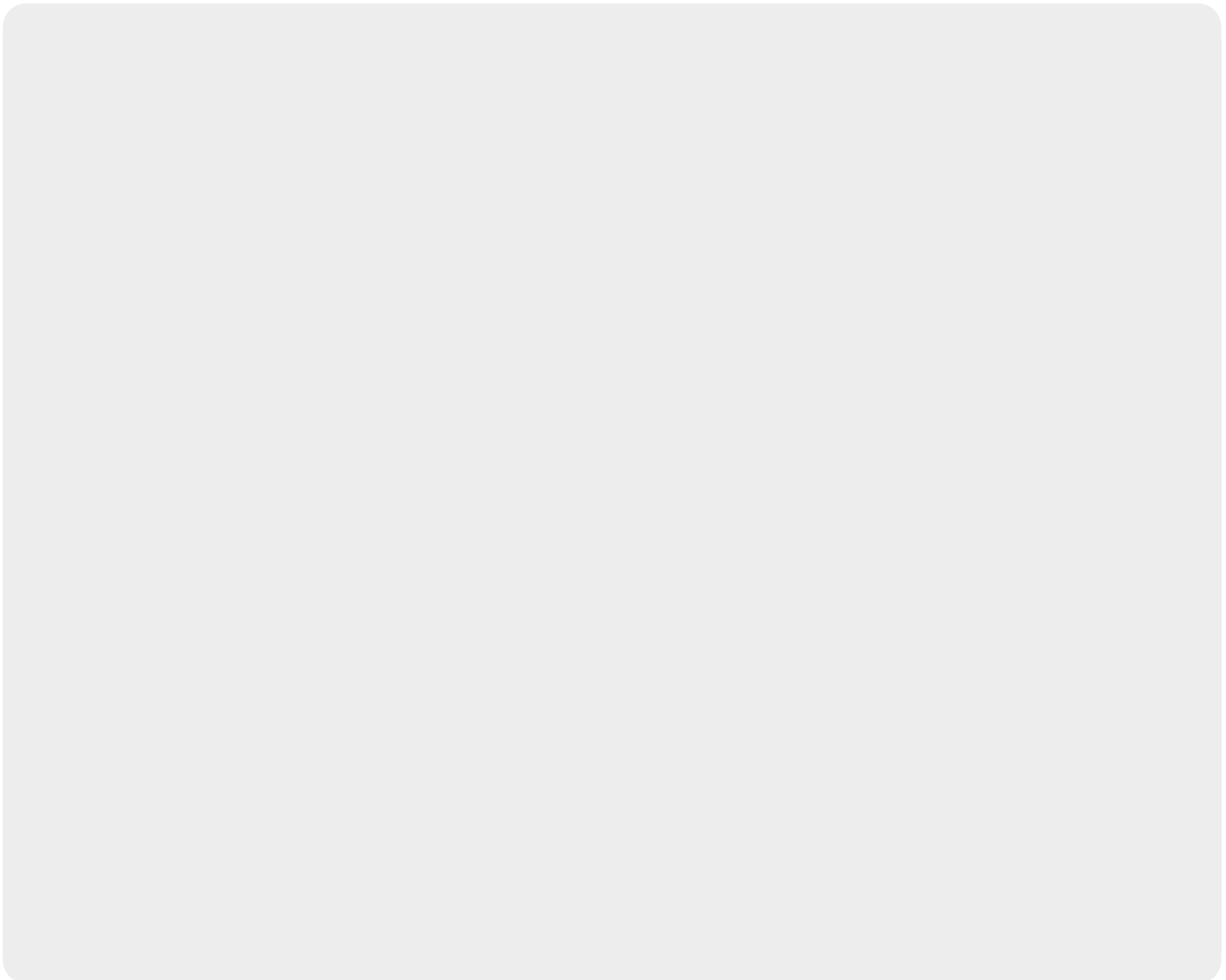




Personal Reflection 2

Think about someone close to you. What are their strengths, how do you see these helping them?

Think of a recent interaction with that person, how did their strengths govern their response.



My action plan



Active listening challenge

Try and challenge yourself to try and have at least one conversation every day for a week where you are really active listening. At the end look at the checklist and see how you think you did!



Make eye contact



Smile



No distractions



Remember what is said



Ask questions to clarify



Summarise



MY ACTIVE LISTENING CHALLENGE

CAPTURE THE CONVERSATION AND HOW IT FELT TO ACTIVELY LISTEN!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

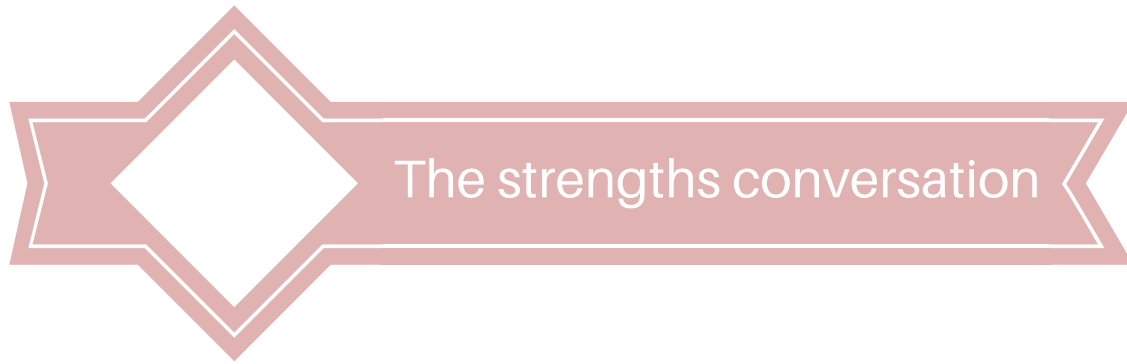
FRIDAY

SATURDAY

SUNDAY

WHAT DID YOU LEARN FROM THIS?





The strengths conversation

Choose someone in your life who you are close to and who you have recently been through an experience with. It may be a good experience or a bad experience but it should be something significant. Examples may include a holiday, a house move or a significant birthday or maybe something hard like losing a job.

Take some time to sit down with them and ask them how they experienced your strengths during that experience (remember your active listening! If you want to you can share your strengths with them before hand.

Next, take the time to share with them how you experienced their strengths in that very same situation.

Think about what was different, what was the same?

What can you learn from this experience?





*"Strength lies in difference not in
similarities"*

