

# Personal Reflection Exercises...

## I Learn Through Listening



I learn through listening.

Listening to others gives me greater knowledge and fresh insights. I open up my ears and mind. **The more I listen, the more I learn.**

I work on my listening skills. I attend lectures and engage in open conversations. I study role models who have mastered the art of listening. I ask others for feedback so I can target the areas where I want to grow.

**I value what others have to say.** I remember that each individual I meet has something valuable that they can teach me. I make eye contact and ask relevant questions. I let them know that I am paying attention.

**I reflect on what I hear.** Critical thinking helps me to find the truth and focus on lessons that are helpful for me.

I listen to my loved ones. I enjoy hearing their stories and value their perspective. I encourage the young generation to put their thoughts and feelings into words.

I empathize with their experiences and find out about new trends. I listen to my friends and colleagues. I share their struggles and benefit from their input.

I listen to my inner voice too. I notice how I feel when my actions align with my values. I examine my reservations when I am considering something that makes me uncomfortable.

Today, I talk less and listen more. Lifelong learning builds my confidence, makes me more interesting, and opens up new opportunities. My life becomes richer when I put my heart into listening.

### **Self-Reflection Questions:**

- 1. How do I feel when someone gives me their full attention?**
- 2. What is the difference between hearing and listening?**
- 3. Why is listening to an art?**