

Week 1:

Action Steps: Here are some action steps we can take this week to help us get better at this.

Considering your conversations:

- Do you often engage with people who are different than you? If not, what prevents you from doing that? If so, do you seek out those conversations or do they happen organically?
- What would you say is your ratio of listening vs. speaking?
- Do you listen without an agenda?
- Could you name what you learned from the other person?
- Could you name what you have disagreement about and why?

Always ask these two questions:

- Can you help me understand what you believe?
- What brought you to those conclusions?

Action: Now go engage in active intentional listening and share what you're learning with others.