



LISTENING MEANS MAKING A CONSCIOUS EFFORT TO ACTIVELY PAY ATTENTION, HEAR, AND RESPOND.

Write down three ways you have demonstrated active listening skills by either probing, prodding, paraphrasing, echoing or acknowledging:

At the studio: _____

At school or work: _____

At home: _____

Describe the difference between hearing and listening.

What do you do when you realize that you are drifting during a conversation.



List 5 people in your life who you should listen more to:

1. _____
2. _____
3. _____
4. _____
5. _____

“So then, my beloved bretheren, let every men be swift to hear, slow to speak, and slow to wrath; for the wrath of man does not produce the righteousness of God.” - James 1:19-20 NKJ

Shepherd-Warrior Martial Arts
1212 Grand Ave, Ste. 11
Billings, MT 59102
(406) 591-2864
www.shepherdwarriormartialarts.com