

## Communication Skills Take Action

Something I learned today that made a difference: \_\_\_\_\_

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I commit to try the following strategy: \_\_\_\_\_

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Some other strategies I can try:

- I will practice at least one of the following Active Listening skills:
  - Body language
  - Paraphrasing
  - Clarifying
  - Perception checking
  - Summarizing
  - Empathy

Record the outcomes of my actions: \_\_\_\_\_

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Signed \_\_\_\_\_ Date \_\_\_\_\_



*Courage is the commitment to begin without any guarantee of success.*

*– Goethe*