

I LISTEN AND TRY TO UNDERSTAND.

I am proud to be a listener in a world where many only strive to be heard. I take full ownership of my ability to listen to others before jumping to conclusions.

I recognize that listening before reacting helps contribute to positive outcomes.

My choice to listen before speaking makes me sought after for conversation. I actively pay attention with the aim of finding an amicable solution. Because my ears are always open, I am a good leader.

I consider myself the voice of many whose own words may not be heard.

When I get an opportunity to understand the point of view of those around me, I become empathetic to their plight. This compassion helps me form strong and positive relationships with others.

My listening, open-hearted nature is a gift from the Creator. These abilities allow me to understand others and prevent me from judging unfairly. When I picture myself as a voiceless person and connect with that feeling, I am better able to empathize.

I am happy to be part of the support system for the downtrodden and overlooked. I know that I provide a glimmer of hope that there is still some good in the world. Others take comfort in my company because I take a moment to hear what they have to say.

Today, I resolve to always listen first.

In my experience, **understanding comes only from listening**, and never from assumption. I recognize that making a decision based on assumptions can be damaging and I vow to protect the innocence of others until solid evidence indicates I should do otherwise.

SELF-REFLECTION QUESTIONS:

1. In what ways do I react when someone refuses to

listen to my point of view?

2. Do I find it easier to make an informed decision after listening to both sides?
3. How can I cultivate more patience when listening?