

Day 9

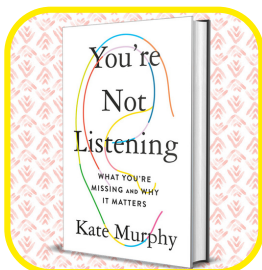
Listening

What is this squiggly skill?

The ability to give someone your full attention and fully process what they are saying.

'When we listen, we learn, we absorb like a sponge and life becomes better' - Steven Spielberg

Go to Guru



Kate Murphy

Author of *You're not Listening*

Recommended Listen



Squiggly Careers #319

How to upgrade your listening

Ideas for Action



Interruption Audit

Spot when you are most likely to interrupt others. This will help you take better control and listen more attentively.

Ask yourself:

1. *How often do you interrupt?*
2. *When do you interrupt?*
3. *Why do you interrupt?*
4. *What could you do differently?*



QA = QT

'The quality of your attention is directly related to the quality of your thinking' (Nancy Kline).

Identify the moments that matter most each week and protect your attention to improve your thinking.