

Journaling tips

Spend 1 minute listening to a co-worker, spouse, partner and/or friend without talking.

Make note about the person's energy.

Don't forget to give a compliment or comment at the end.

How did you feel during this 1 minute? _____

Any energy or cues to note about the person: _____

How did the person take the compliment or comment? _____

Pro tip

- "Listen" to non-verbal cues such as facial expressions or hand motions.
- Don't impose your opinions or solutions, just listen.