

DAY 3:
**BECOME AN
INTENTIONAL
LISTENER**



Watch: Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

Think: When others are talking to you, do you really listen? Do you make eye contact? Do you stay focused on them and what they are saying? Do you give verbal feedback to let them know you are engaged? Perhaps you could create a visual clue to help you remember to listen. Remember, people do not care how much you know until they know how much you care.

Do: Make today a listening day. Let other people talk, and tune in to what they have to say. If others seem reluctant to speak up, ask good questions and then listen to their answers.

Tell: After you've spent a day truly listening to others, share what you learned. If you use social media, share using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**We overvalue talking and undervalue listening.
If we want to make a difference with others,
we must become intentional listeners.**

