

Listen

This time, I ask that you choose to listen in two very important ways.

First... I ask that you select a person or group of persons for whom you sometimes find it challenging to listen. Using *Quietude* and the GREAT™ Goal Pad below, identify your goal for the week and commit to it.

Secondly, I ask that you then practice *Quietude* in terms of reflecting on whatever you learned from the exercise in terms of challenges recognized, opportunities realized, and any “learnings” coming from your experience. Then write your major take-aways right here, below.

Please note that there is no Quietude Card in the Virtues Reflection Deck, *as yet anyway*.

-- Barry Lewis Green

Quietude