



The Three

Power Listening Skills

Are you really listening to your life?

Life is tough, why not make it easier by honing these three skills daily. Each one requires you to put down the cell phone and tap into your inner strengths. Each time you focus on one of the three you will be gaining an incredible advantage:

On the road, avoiding potential accidents;

In the office, better sales and persuasion techniques;

As a parent and or as a partner, zero in on problems before they become problems.

MINDFULNESS

Being in the moment

Not meditation, but a practice of being deliberate and focused. Here is how to practice: Next time you get in the car, listen for the seatbelt to click, feel the key turn in the ignition, pause and really look behind the car before you engage it in drive. Each time you feel your mind drift away from the present, pull it back in. Touch points keep you from cruising through your life on auto-pilot.

AWARENESS

KNOWLEDGE ABOUT THE STATE OF AN ENVIRONMENT. SINCE THESE ARE CONSTANTLY CHANGING, KNOWLEDGE MUST BE CONSTANTLY MAINTAINED.

SELF-AWARENESS IS CAPACITY FOR INTROSPECTION, AND THE ABILITY TO RECOGNIZE ONESELF AS AN INDIVIDUAL, SEPARATE FROM THE ENVIRONMENT. WHAT ARE YOU CAPABLE OF?

INTUITION

Always has our best interests at heart. What we 'know' can be limited or biased. Intuition taps into a different dimension of awareness that gives highly specific guidance to what is best for us, avoiding danger or bad decisions. Honing intuitive impulses, trusting hunches or gut feelings, will give you a dramatic improvement in hearing your intuition.

