**The Art of Listening Challenge**

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| **CHALLENGES** | **GOALS** |
| Spend more time listening |  |
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| Find interest in the other person |  |
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| Stay out of the way |  |
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| Listen to what people mean between the lines |  |
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| Take notes |  |
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| Assume the proper stance |  |
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| Be aware of your filters |  |
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