

# ACTIVE LISTENING AUDIT

Rating (1-10)



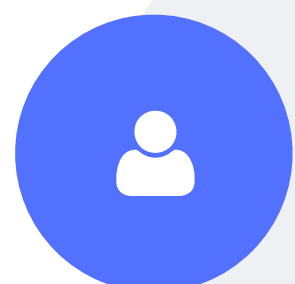
1. How good am I at taking the time to truly understand?



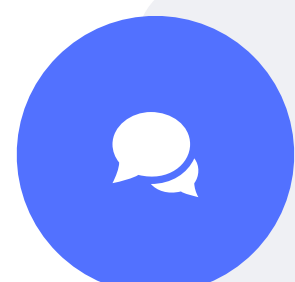
2. How good am I at asking open-ended questions to draw out what others are really trying to say?



3. How good am I at being able to summarize what I think I've heard from someone to check I've gotten it right?



4. How good am I at using body language to communicate interest and attentiveness in a conversation?



5. How good am I at resisting the temptation to jump in and assume I know what the other person is talking about?