

Listen

In: RPMS Self Checkup

Luke 2:52

On a scale of 1-10, rate how you're doing in each of these areas.

Relationally ____

Physically ____

Mentally ____

Spiritually ____

What steps can you take to grow in health?

Out: The Four H's of Listening

Listening is not a talent some are born with and some are not. It is a skill that we develop and get better at over time. So how do you develop it? One way is to come prepared to every conversation with questions. These categories can help know what kind of questions to ask. Being a good listener helps you become a better friend to your neighbor.

History: "Tell me your story. Where did you grow up?"

Heart: "What's your favorite (team, restaurant, vacation destination)?"

Habits: "What do you like to do with your free time?"

Hurts: "How are you doing with (name the situation)?"