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# Speak without Saying Too Much

WORKSHEET BY KALIKA YAP

WWW.KALIKA.COM

# Start here:

This worksheet is a space to reflect on how you're communicating through both words and presence. You don't need to write full sentences. Just start where you are.

## Self-Mastery

*When do I feel most grounded during the day?*

*What habits help me stay clearheaded?*

## Observation

*What was someone really trying to tell me this week—without saying it?*

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*When did I miss something because I wasn't fully present?*

## Communication

*What am I saying without speaking?*

*How does my tone change when I'm tired or frustrated?*

## Action

*What's one promise I made that I haven't followed through on?*

*What small action could build more trust today?*

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## Psychological Comfort

*Who around me needs more calm, not more advice?*

*How can I offer support through my presence instead of my words?*

## Reflection:

*Clear communication doesn't come from saying more—it comes from meaning more. Pick one area above and practice paying closer attention this week.*

> **We communicate far more with our bodies than we ever do with words**
>
> — *Joe Navarro*