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WORKSHEET

LISTEN FIRST

by Kalika Yap

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Start here

This worksheet is for founders and creatives who feel out of sync.

It's a way to tune back in—to hear what's true for you, even when things feel unclear.

Use a notebook, a voice memo, or type your answers. The key is to answer honestly.

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1. What's one thing that keeps circling in your thoughts lately?

(Write the first thing that comes to mind.)

2. What have you been saying "yes" to that doesn't feel right anymore?

3. What's one thing you miss doing in your business—or outside of it?

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4. What's something small that you've been thinking about starting, changing, or letting go of?

5. If you paused the noise for a minute, what would you hear your future self say to you today?

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Keep going

This isn't a one-time exercise.

Listening is a habit. The more you practice, the more clear things get.

Trust that clarity will come—not all at once, but in pieces that make sense over time.

If you don't listen to the whispers, you'll wait for the screams.

Oprah Winfrey