WORKSHEET

SUPERCOMMUNICATOR PRACTICE

by Kalika

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LETS BEGIN!

This worksheet is your companion to this week's newsletter. Use it to reflect honestly on where you are right now as a communicator, and to build the habits that will change how you connect in every room you walk into.

There are no right or wrong answers here. Just honesty with yourself and a willingness to grow.

Set aside 20 minutes in a quiet space. Bring your favorite drink, an open heart, and a journal if you have one.

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Part 1: Your Starting Point

QUESTION 1

Think of the person you'd call on a hard day. What is it about how they communicate that makes you feel so heard?

Your notes: _____

_____

QUESTION 2

Think of a recent conversation that didn't go the way you hoped. Were you in the same type of conversation as the other person: practical, emotional, or social? Where was the mismatch?

Your notes: _____

_____

QUESTION 3

On a scale of 1 to 10, how often do you listen to truly understand versus listening to respond? Be kind with yourself. This is just your starting point.

My score: _____ / 10

What would it look like to move one point higher this week?

_____

_____

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QUESTION 4

When did you last share something vulnerable in a conversation, something real that the other person could have judged, and it brought you closer together? What happened?

Your notes: _____

_____

Part 2: This Week's Practice

Choose one habit to focus on this week. Just one. Small, consistent practice beats a big burst of effort every time.

MY HABIT FOR THIS WEEK:

[ ] Ask one deep question per day
[ ] Match the conversation type before responding
[ ] Share something real (vulnerable) in one conversation
[ ] Call someone I haven't spoken to in a while

The conversation I'll use to practice: _____

What I want to notice: _____

How I'll hold myself accountable: _____

Part 3: End-of-Week Reflection

Come back here at the end of the week and write freely.

The conversation I'll use to practice:

_____

_____

Something that shifted in how I felt during or after a conversation:

_____

_____

One thing I want to keep doing: _____

One thing I want to practice more: _____

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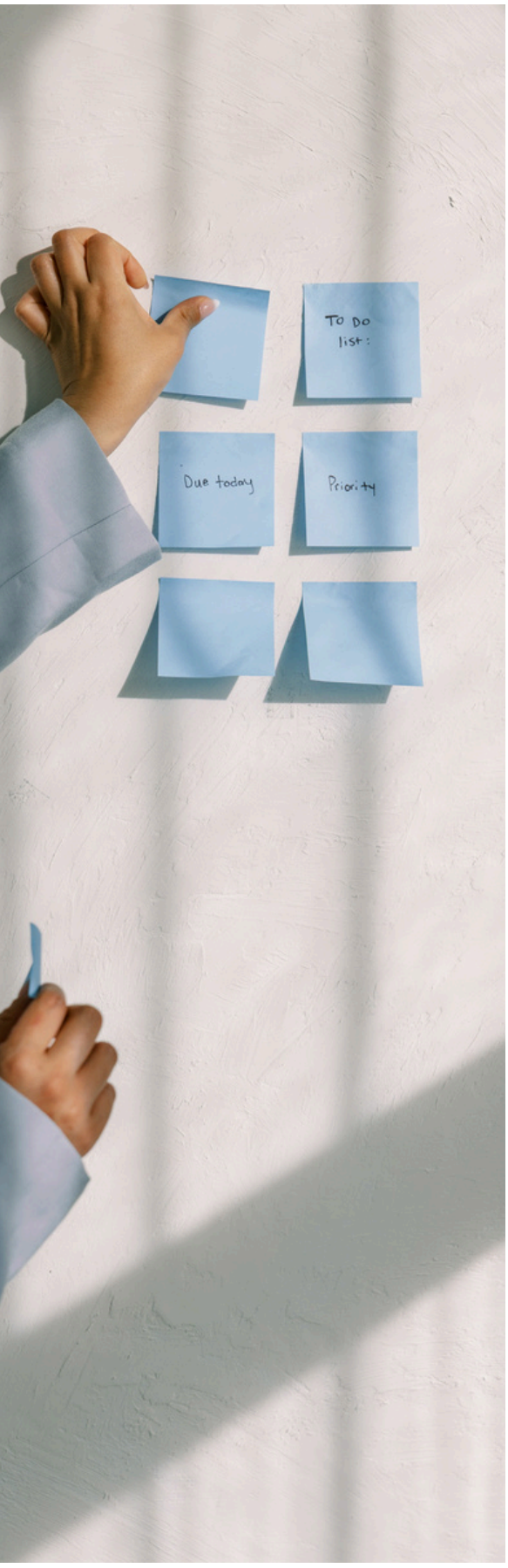

A NOTE BEFORE YOU CLOSE THIS

You don't have to become a different person to become a better communicator. You already have everything you need. This is simply about paying a little more attention and giving the people in your life the gift of truly being heard.

Come back to this worksheet anytime. Each time you return, you'll find something new in your answers. That is growth doing its quiet work.

Warmly,

Kalika

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