WORKSHEET

Supercommunicator Self-Assessment & Practice

by Kalika Yap

WELCOME!

This worksheet is your companion to the newsletter you just read. Use it to reflect, practice, and grow into your most connected, magnetic self as a leader, a communicator, and a human being.

There are no right or wrong answers here. This is your sacred space to be honest with yourself. The more openly you engage, the more you will receive.

Take 20-30 minutes in a quiet space. Bring your favorite beverage, open heart, and a willingness to be surprised by what you discover.

The quality of your communication is the quality of your life.

TONY ROBBINS

Part 1: Honest Reflection

Before we build new habits, let us lovingly look at where we are right now.

QUESTIONS TO SIT WITH:

- Think of a recent conversation that did not go as well as you hoped. What type of conversation was the other person in, practical, emotional, or social? Which type were you in?

  Your Notes: _____

- When was the last time you asked someone a truly deep question, one that invited them to reflect and share something real and personal?

  Your Notes: _____

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

  Your score: _____ /10

- Has a conversation ever genuinely changed your mind or your heart? What made that possible?

  Your Notes: _____

Part 2: Practice Commitments

Choose ONE habit to focus on this week. Start small, start with love.

MY HABIT FOR THIS WEEK:

- Ask deeper questions
- Listen to understand, not to respond
- Identify the conversation type
- Be willing to be changed

One conversation where I will practice this habit:

_____

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What I want to notice or observe:

How I will hold myself lovingly accountable:

Part 3: Weekly Reflection

After your week of practice, return here and write freely.

The conversation that surprised me most was:

What shifted in how I felt during and after the conversation:

Something I learned that I did not expect:

One thing I want to keep doing:

One thing I want to deepen or adjust:

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You are not trying to become a perfect communicator. You are becoming a more present, more curious, more open version of yourself. That is one of the most generous things you can offer to everyone in your life and your business.

Come back to this worksheet anytime. Each time you return, you will find something new in your answers. That is growth working through you.

With so much love and belief in you,

Kalika