

This is your communication worksheet

What 3 words represent YOU?

- Communication
 - Here
 - Patience
- Possibility
 - Time
 - Quiet
 - Alive
- Gratitude
 - Love
 - Always
 - Choice
- Breathe
 - Calm
 - Pause
 - Think
- Understanding
 - Motivation
- Determination
 - Direction
 - Hope

List 3 Communication strategies you are using NOW

- 1.
- 2.
- 3.

List 3 NEW communication strategies or tools to try

- 1.
- 2.
- 3.