

How do you feel about your communication skills?

List any person in your life that you speak to regularly or that is extremely important to you. Then go ahead and fill-in-the-blanks.

Person #1 **Relationship:**

How easy or difficult is it to have a tough conversation with this person?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

(1 being super easy - 10 being super hard)

Person #2 **Relationship:**

How easy or difficult is it to have a tough conversation with this person?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

(1 being super easy - 10 being super hard)

Person #3 **Relationship:**

How easy or difficult is it to have a tough conversation with this person?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

(1 being super easy - 10 being super hard)

Person #4 **Relationship:**

How easy or difficult is it to have a tough conversation with this person?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

(1 being super easy - 10 being super hard)

Person #5 **Relationship:**

How easy or difficult is it to have a tough conversation with this person?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

(1 being super easy - 10 being super hard)

What are the common denominators in your communication with your top five folks?

What is one thing you could practice to improve your communication skills?

If you practiced that one thing, how could it impact your relationships?

Name five benefits of becoming a better communicator:

Great Work!