

NON-JUDGMENTAL LISTENING SELF ASSESSMENT

How did I do today?

Give yourself a rating from one to ten. Save these to see your progression

	1	2	3	4	5	6	7	8	9	10
Ebrace Empathy										
Drop Assumptions/Biases										
Create a Safe Space										
Listened Actively										
Suspend Judgment Respond Thoughtfully										
Seek Feedback and Learn										

Date