



PROTECT YOUR CONVERSATIONS

This sheet helps you practice giving undivided attention.

- 1** Choose one conversation today to be fully present.
- 2** Place your phone face down or in another room.
- 3** Ask a meaningful question to the person you're with.
- 4** Listen to their response without reaching for your phone.
- 5** Notice the difference in the quality of the interaction.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Attention is respect in action.