Seek First to Understand, Then Be Understood

Reflection

Before we go further, take a few minutes to answer.

To me, **seek first to understand, then be understood** means:

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_____

How can I use habit 5 **when you are texting?**

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On a scale of 1-5, **rate** yourself in each area.

1 = NEVER 5 = OFTEN

I put my phone down when someone is talking to me.	1	2	3	4	5
My friends think I am a good listener.	1	2	3	4	5
I pay attention to other's tone and body language.	1	2	3	4	5
I recognize that it is not good to text when emotions are high.	1	2	3	4	5
I am an honest person.	1	2	3	4	5

Mostly 1-2: I'm in the right place.

Mostly 3-4: I'm on your way and you will get there this year.

Mostly 5: I can refine my skills this year and lead others.

The **most valuable thing** that I took from this unit is _____

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Adapted from LEAD 7 Student Journal