



LISTEN WITH CARE

Listening to people is not just hearing their words. It is listening to their heart.

THE 4 H'S OF LISTENING

- **HISTORY** - "Tell me your story." "Where did you grow up?"
- **HEART** - "What's your favorite (team, restaurant, vacation destination)?"
- **HABITS** - "What are you into?" "What do you like to do with your free time?"
- **HURTS** - "How are you doing with (name the situation)?"

These types of questions will help you become a great listener and a better friend to your neighbors.

What are some natural opportunities to listen in your life? How can you create opportunities to listen?

WAYS TO LISTEN: Phone calls, emails, social media, texts, in person conversation