



THE IDEAL COMMUNICATOR

Imagine that you wake up tomorrow, stunned; somehow while you slept overnight, you magically transformed into your ideal communicator.

You find yourself both mystified and impressed. To be sure, you decide to call a friend to tell them what has happened. Your friend answers, but is on their way to work. "I only have a minute, but if what you say is true, then tell me what's so different?" they say. So you decide to tell them about your three biggest shifts as a communicator.

Directions: Using specific, detailed sentences, write down three (3) of the most important changes that have taken place, now that you have improved as a communicator.

Areas of consideration include: What/how you speak, listen, walk, stand, breathe, believe about yourself/others during communication, etc. For example, what is different about how you speak/sound to your friend on the other line? Or maybe you're more patient with them, relaxed, etc. Magic is at work, so feel free to be as creative as you want in your change description.

3 Biggest Changes

1. The first biggest change in my communication is _____

2. The second biggest change in my communication is _____

3. The third biggest change in my communication is _____

Your friend is quite curious about this apparent communication transformation you speak of. "So why do you really care about this new shift in your communication?" they ask.

You decide to give your friend a reason *why* each of these shifts is important to you because now, as you think about it, — regardless of the actual presence of overnight magic — these shifts actually needed to take place.

1. The first biggest shift in my communication needed to happen because: _____

This change is important to me because: _____

2. The second biggest shift in my communication needed to happen because _____

This change is important to me because: _____

3. The third biggest shift in my communication needed to happen because _____

This change is important to me because: _____

Your friend listens, agrees and then hurriedly hangs up to go to work. Then as you go to hang up the phone, you suddenly wake up. You realize it was just a dream and you are still in present day in the year 2015. It seems that the only magic that remains is your intention for improvement and the clarity about what you now need to make happen.

Carry these with you moving forward in the course and proceed to the next lesson when you are ready.

