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I listen more intently to my clients. I listen more acutely to my partner and children. I actively listen to my soul.

When I clear the clutter of my mind and settle down into the depths of my soul, I **can hear my highest guidance**. I get clarity for my next action.

I come from a place of patience and peace for myself and others.

I observe people who seem to flow in life. I watch how they treat themselves and others from a place of serenity. I model their behavior. **I find greater peace within.**

I realize how much I can learn from others. I intently listen to their guidance. I learn from their life. I hold a space of compassion and non-judgement towards them as I increase my self-compassion and tolerance.

As I become more patient with myself, I extend that patience to others. **As I create more peace within, I create more peace without.**

As I listen to my soul, I receive answers.

I am reminded that I have two ears and one mouth. Hence, I listen twice and speak only when I am sure that I understand the communication. I refrain from pre-thinking my answer before I listen fully and absorb what another is telling me. I show respect for their opinion.

I also remain respectful of my own opinion, even if it differs from others. I ask myself, "Will speaking up increase my relationship for the greater good of all, or is it best to stay in silence?"

Today, **I choose the path to greater peace and understanding** by paying close attention to myself and others.

Self-Reflection Questions:

1. How can I show greater respect to others with active listening?
2. What is the greatest gift I can give to others?
3. Where in my life can I listen more?