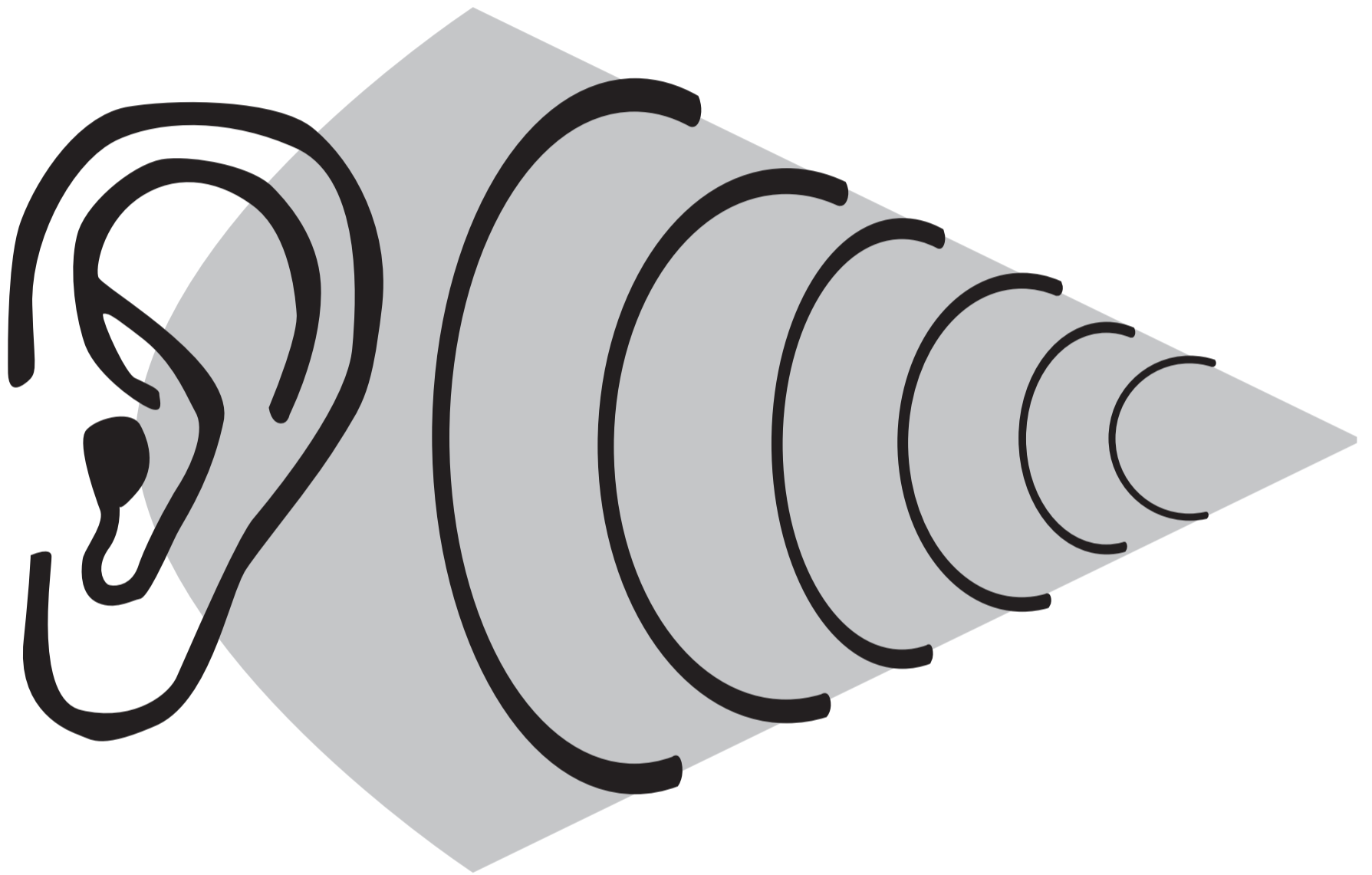


## Habit 5

# Seek First to Understand, Then to Be Understood



I listen to other people's ideas and feelings

I try to see things from their viewpoints

I listen to others without interrupting

I am confident in voicing my ideas

I look people in the eyes when talking