

# **Listening Skills**

## **Fine Tune Your Mind**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are listening intently, and not only hearing the words, but the subtle meaning and emotions beneath the words. Imagine having a sixth sense where you can tell what people are really thinking based on their speech. Imagine people opening up to you and sharing their deepest secrets.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming a better listener, able to empathize with and predict what your conversation partners are thinking. Write down any comments others make about your listening skills.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I am a great listener

I am a perfect listener

I am focused on the other person's message

I am focused on the other person's energy

I am focused on the other person's subtext

I am interested in other people

I love hearing from other people

I love listening to other people

I let others finish completely

I encourage others to speak

people love speaking to me

people love opening up to me

people love talking to me

I'm interested in people

I'm fascinated by people

I learn easily from others

I find treasure in others

I am completely focused on their message

I am completely focused on their energy

I am completely focused on their desires

I am completely focused on their intentions

I am completely present with others

I am completely present while listening

I enjoy what they have to say

I enjoy what they want to talk about

I enjoy listening to them

I enjoy people

I am enthralled by people

I am excited by people

people are filled with treasure

people are filled with compassion

people are filled with love

people are filled with exciting stories

people are filled with valuable information

people are filled with timeless wisdom

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