

# Step Forward into LISTEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1 I'M ALL EARS:</b> During a conversation, tell the person you're going to only listen for 10 minutes. What happens to you? To them?	<b>2 LISTEN UP:</b> Find someone you admire, an expert or a hero. Listen to their story, their podcast. What do their words inspire in you?	<b>3 TUNE IN:</b> Try listening to GABRIEL'S OBOE each evening before sleeping this week. Notice the power of music to calm you.	<b>4LEND ME YOUR EARS</b> What do you need to speak out about? Where have you been silent? Say what must be said to those who must hear.	<b>5 BURNING EARS:</b> Start a GOOD GOSSIP campaign. Talk about people in bright, positive, admiring ways! Ask 2 friends or family to join you this month!	<b>6 SHHHH!</b> Practice the <b>art of SILENCE</b> . Today stay in silence for 15 minutes. Notice what happens.
<b>7 SOUNDS FUN:</b> Listen to laughter every day this week. Can't find it? Try Laughing Yoga videos on YouTube. Yes...it's real.	<b>8 I'M ALL EARS:</b> Ask questions instead of giving opinions and ideas for a full day. See what you learn when you intentionally listen to hear.	<b>9 LISTEN UP:</b> What is a new skill or information you are curious about? Try a podcast or Ted Talk. Listen with an open mind... with curiosity.	<b>10 TUNE IN:</b> What song makes you happy? Play it each morning to energize and encourage you! Share the tune on Instagram or FB to brighten others!	<b>11LEND ME YOUR EARS</b> Read a great speech that inspired people to make a change in their world. Find one quote from it to copy and share this week.	<b>12BURNING EARS:</b> This week tell someone you love 5 things you appreciate and admire about them. EVERY DAY. That's 35 good things in one week!	<b>13 SHHHH!</b> Drive IN SILENCE at least one time each day this week. What do you notice about your stress? Your thoughts?
<b>14 SOUNDS FUN:</b> What are your 5 favorite sounds? Seek those out every day and ENJOY!	<b>15 I'M ALL EARS:</b> Make your first response to someone a paraphrase of what you heard THEM say. Notice what happens.	<b>16 LISTEN UP:</b> Talk to a 5 or 6-year old this week. Ask them about life, love, happiness. Listen to their wisdom and learn!	<b>17 TUNE IN:</b> Listen to "This is Me" from the Greatest Showman. Blast it...seriously.	<b>18LEND ME YOUR</b> Who is voiceless in your world? Who needs you to speak up on their behalf? Listen to their story and find ways to speak up for them.	<b>19BURNING EARS</b> Notice who you assume will do their job or show up in your life. Face to face...thank them. Tell them what you notice.	<b>20 SHHHH!</b> Have a SILENT MEAL. Challenge everyone to eat in silence, focusing on the food and the silent experience.
<b>21 SOUNDS FUN:</b> Go on a Sound Hike. Walk in silence and enjoy the sounds that welcome you outdoors. More of a mall person? Do the same thing!	<b>22 I'M ALL EARS:</b> Put down the phone. Get away from the screen. Have a in-person, face to face conversation with someone who needs to be heard.	<b>23 LISTEN UP:</b> Talk to someone 10 years or more older than you are. Ask them about life, love, happiness. Listen to their wisdom and learn.	<b>24 TUNE IN:</b> What instrument did you play in 3 <sup>rd</sup> grade? Pick it up and try it again. Didn't play? Grab a kazoo or some instrument to just enjoy! Play in a music store this week.	<b>25LEND ME YOUR</b> Be bold! Explain to family and friends that you can't listen to gossip or complaining this week. They'll need to do that away from you.	<b>26 BURNING EARS</b> Challenge your family or friends to GOOD GOSSIP for the rest of May at least 3 times each day. Spread good words about people!	<b>27 SHHHH!</b> Instead of being the first to speak in meetings or at home, practice being silent and listening for at least 5 minutes.
<b>28 SOUNDS FUN:</b> What was your favorite sound as a 8 year old? Go find it...chase a ice cream truck or listen to Disney. Get your kid ears on!	<b>29 I'M ALL EARS:</b> Ask 5 people in your life about how they experience your listening. Ask them how you might improve. Do what they tell you.	<b>30 LISTEN UP:</b> Listen to your inner wisdom about something you've been worried about. You know.	<b>31 TUNE IN:</b> Try a new music genre you've never listened to: rap? Opera? Blue Grass? Bulgarian Chanting? Charlie Parker jazz?	<b>"Don't listen to what I say. Listen to what I mean."</b>  I think the first virtue is to restrain the tongue; he approaches nearest to gods who knows how to be silent, even though he is in the right. Cato <i>The Elder</i>		

ENCOURAGE  
*counseling*