THE 7-DAY COMMUNICATION CHALLENGE

Speak with clarity. Listen with intention. Build stronger connections.

Explore how you speak, listen, and communicate your needs so relationships and self-expression become clearer and more honest. Communication is more than choosing the right words. It involves awareness, emotional regulation, listening, and understanding. Spend 5–10 minutes each day practicing a simple communication skill.

DAY	DAILY AWARENESS	JOURNAL PROMPT	DONE
1 ·LISTEN TO UNDERSTAND	**Active Listening:** During one conversation, give the other person your full attention. Listen without interrupting or preparing your response.	**Active Listening:** During one conversation, give the other person your full attention. Listen without interrupting or preparing your response.	☐
2 · SAY THE REAL THING	**Clarity Over Cleverness:** Practice expressing one thought or need directly instead of using hints, assumptions, or vague language.	**Clarity Over Cleverness:** Practice expressing one thought or need directly instead of using hints, assumptions, or vague language.	☐
3 · OWN YOUR EXPERIENCE	**I-Statements:** Express a feeling or need using an "I feel..." or "I need..." statement rather than placing blame.	**I-Statements:** Express a feeling or need using an "I feel..." or "I need..." statement rather than placing blame.	☐
4 · PAUSE BEFORE SPEAKING	**Emotional Timing:** When you feel frustrated or upset, pause before responding. Take a few slow breaths and choose your words intentionally.	**Emotional Timing:** When you feel frustrated or upset, pause before responding. Take a few slow breaths and choose your words intentionally.	☐
5 · KIND AND CLEAR	**Boundaries in Words:** Identify one boundary you need to communicate. Practice expressing it respectfully and confidently, without overexplaining or apologizing for having a need.	**Boundaries in Words:** Identify one boundary you need to communicate. Practice expressing it respectfully and confidently, without overexplaining or apologizing for having a need.	☐
6 · REPAIR OVER WIN	**Conflict as Information:** Think about a disagreement. Consider what needs, values, or misunderstandings may be underneath it. Focus on understanding rather than winning.	**Conflict as Information:** Think about a disagreement. Consider what needs, values, or misunderstandings may be underneath it. Focus on understanding rather than winning.	☐
7 · PRACTICE HONEST SPEECH	**Your Voice:** Make one specific request or have a conversation you've been avoiding. Pay attention to your words, tone, and body language.	**Your Voice:** Make one specific request or have a conversation you've been avoiding. Pay attention to your words, tone, and body language.	☐

KEEP IT SIMPLE

1. Notice how you communicate.
2. Listen before responding.
3. Express yourself with clarity and intention.

END-OF-WEEK CHECK-IN

Which communication habit did I become more aware of?
Where do I struggle most: listening, expressing needs, or managing conflict?
What is one skill I want to practice moving forward?

Remember: Effective communication isn't about always saying the perfect thing. It's about being willing to listen, express yourself honestly, respect boundaries, and learn from each interaction.

VISIT THEBODYOWL.COM for more resources. This challenge is to get your JUMP START. The books and classes are designed to continue your journey and achieve lasting results!

Suggested Books: Unmasked Self Reflection Workbook

The Body Owl LLC.