FREE WORK BOOK

HOW TO

Avoid Negative Communication Mistakes



GET READY

Have a notebook or a print
out of the workbook
Have 15 minutes
Find yourself a quiet spot

THIS WORKBOOK IS FOR YOU IF YOU WANT...

- to understand more about communication
- to improve your skills
- to learn to avoid known mistakes



COMMUNICATION

It's the core of a relation. There are different ways to communicate and they are all important. Most of our communication is non-verbal (body language and tone) but our words mean a lot too. I am sure you know how we can hurt or be hurt by words.





GET CONSCIOUS OF YOUR SELF-PERCEPTION

Our perceptions of ourselves influence our communications with others. Know how you perceive yourself.

KNOW THE 12 MISTAKES

Enjoy the exclusive infographic The Earth created to make those 12 communication roadblocks clear

LEARN TO AVOID ROADBLOCKS

There is always a way around an obstacle, let's see what you can do to implement a positive communication

COMMUNICATION IS A FAST WAY TO IMPROVE YOUR FAMILY BALANCE, BECAUSE YOU HAVE A THOUSAND CHANCE A DAY TO DO IT!



GET CONSCIOUS ON YOUR SELF-PERCEPTION

Our perceptions of ourselves influence our communications with others. Know how you perceive yourself.

By observing yourself and taking notes, you will realize what influences your relations. For example, if you perceive yourself as always right, someone who doesn't agree with you will be perceived by you as wrong.

SPOT YOUR BELIEFS!

- Do you think that a mother who yells has lost control?
- Do you think that a loving mother should do everything for her children?
- Do you think positively or negatively of yourself?

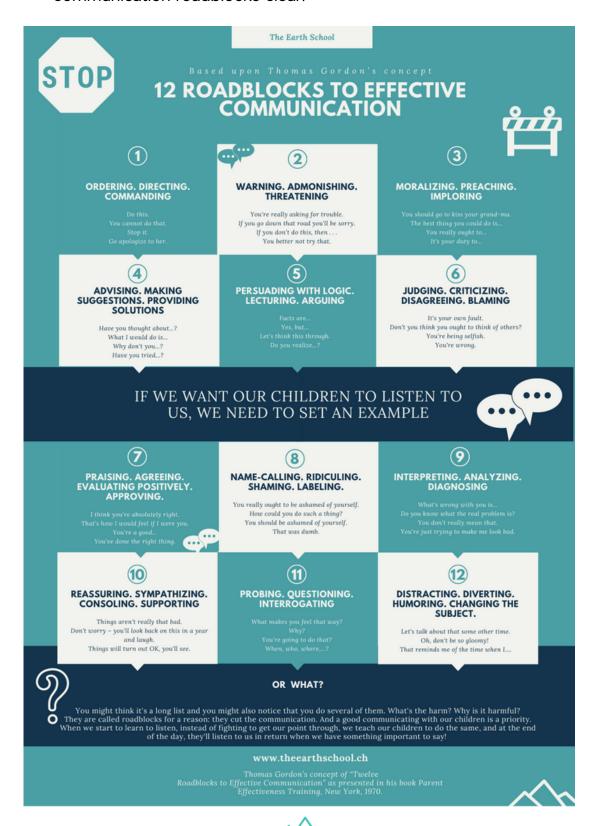
TAKE ACTION

Brendon Burchard tells us that every morning and in every situation we must ask ourselves the following questions:

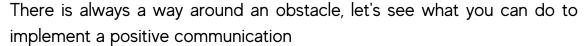
- How do I want to be and feel in this situation?
- How do I want to treat people in this situation?
- How do I want other people to perceive me?

KNOW THE 12 MISTAKES

Enjoy the exclusive infographic The Earth created to make those 12 communication roadblocks clear.







ACTIVE LISTENING

The answer is to learn to listen more. Those communication roadblocks are actually like a stop sign in an exchange. Use one of those, and your child will close like a clam (or yell, cry, be sad, angry,...).

Active listening is a way to listen properly. You know when your child comes to you and says: "mama?" and you answer yes while scrolling on your phone? That is not active listening;-)

• Stop what you are doing to give your child's full attention

If you are not available at that very moment, tell so to your child and commit to a clear time together

- Look at them in the eyes, touch them, or look in the same direction Depending on your child's perception system (visual, auditory, or kinaesthetic, he will favor one of the 3, do your tests.
 - Keep the 12 roadblocks in mind when you answer

The hardest part will be your reaction to what you hear. It is hard not to comment, or come up with a solution, or anything that you think will make the situation better. Spot your most common roadblocks to consciously choose not to go there.

You did it!

You can now communicate in a way that gives room to your children!

WRITE DOWN 3 ROADBLOCKS YOU WILL FIGHT THIS WEEK TO IMPROVE COMMUNICATION

ongratulations TODAY YOU LEARNED ALL ABOUT ROADBLOCKS.

WELL DONE!