

ACTIVE LISTENING

One of the best ways to be a better listener is to practice active listening. An active listener gives the speaker some form of feedback. The feedback can be a nod, a smile or even a comment that lets the speaker know the message is received.

Tips for active listening:

1. Ask questions to clarify the message.
2. Pay attention; use eye contact.
3. Be interested; have a sincere desire to hear what is being said.
4. Be patient, don't interrupt, wait until the speaker has made his/her point, then make your comment.

Now you try:

Using the tips for active listening, take turns talking and listening.

1. Talk about your most important long-term financial goal.
2. Talk about an important value you and your partner share.
3. Describe a struggle you have experienced when trying to stick to a spending plan.