



Heart Math

Intuitive Listening

There are three parts to true listening:

Word Level — what is actually said

Feeling Level — the feeling behind the words

Essence Level — the real meaning of what someone meant.

Suggested Speaker Themes:

- What is one of the funniest things that happened to you last year?
- What is one of the most frightening things that happened to you last year and how did you overcome the fear?
- What is one of the most important lessons you learned last year?
- What was one of the biggest risks you took last year?
- Name one goal you would like to achieve.
- Name one thing that most people don't know about you.