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# 3 SIMPLE STEPS TO START LISTENING TO YOUR WHISPERS

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"I like to listen.  
I have learned a great deal  
from listening carefully.  
Most people never  
listen."

Hemingway

## 1. POST-IT

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- Write a simple question on a post-it note and place it on the mirror in your bathroom.
- (For example: What is keeping me from feeling happier? or relaxed? or hopeful?)
- Read that question to yourself everyday.
- Notice the many, varied responses your mind sends you.

## 2. SORT-IT

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- Pay attention to the tone of the responses you are getting. Some may be loud and critical, judgmental, berating, or annoyed. Some may tell you not to waste your time with this. Stay with it.
- Try to notice the responses which are more quiet and calm. They will be fewer and may seem to be "behind" the louder responses.

## 3. NAME-IT

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- Hold onto the quiet answers as long as you are able to - these are wisdom nuggets!
- If the answer is more of a "feeling" - let it wash over you and then try to name it.
- Practice listening for and honoring these quiet answers and you will gain more and more access the deep well of wisdom you have within you.