The interpersonal communication skills I choose to improve throughout this course are; using more **leadership language, stop judging others, to silence my mind, and make eye contact more often.**

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| MODULE ONE |  |  |  |
| Time and Date | Practiced with | Strategies | Outcomes |
| 1. June 8, 2017 12:30pm | **Stop Judging other**  Self at grocery store | When I saw someone with a hairstyle I did not particularly like, instead of thinking negatively about that person I stopped myself from continuing that train of thought | I did not focus on that person and their lifestyle. I felt better about myself for not continuing to be negative. |
| 1. June 12, 2017 5:30pm | **Leadership Language**  Fiancé | After a rough day, instead of talking about all that I was unable to accomplish for the day, I discussed what I was proud of finishing. | Less stress for both of us because we weren’t worried about what was not done. |
| 1. June 13, 2017 11:00am | **Silence**  Best Friend | While listening to my best friend on the phone, I focused on what she was saying and silenced the thoughts in my head. | I fully understood what she was saying and she felt listened to. |
| 1. June 14, 2017 2:30pm | **Eye Contact**  Doctor | I looked at the space between my doctor’s eyes. | I could communicate better because I was not worrying about not making eye contact. |
| 1. June 15, 2017 9:00am | **Leadership Language**  Counselor | I talked about my excitement for my future goals. | It felt good to focus on positives. |
| MODULE 2 |  |  |  |
| 1. June 16, 2017 6:30pm | **Eye Contact**  Neighbor | Looked at my neighbor’s nose when they stopped to talk. | They did not feel like I was trying to avoid them. |
| 1. June 19, 2017 6:00pm | **Silence**  Fiancé | I stopped everything I was doing and focused my thoughts on what my fiancé was saying about his day. | I did not have to ask him to repeat what he was saying and he felt understood. |
| 1. Continue Example… |  |  |  |
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