One idea I found interesting from the video is that having an agenda doesn’t allow us to give full attention when listening. There are several reasons as to why we may have an agenda that blocks open listening. We could be trying to gain the approval of the person, or maybe you want their agreement, or even just their time or money (Brach, 2015). These are just a few things on our agenda that keep us from being mindful of the other person and taking in what they have to say with openness.

To go along with this, I found that internal barriers to listening are what struck me most from the reading. More specifically, I can relate the most to premature judgement. Premature judgement is a barrier that impacts our listening in a couple of ways. One being where we think we know what the speaker is going to say before they’ve had a chance to say it (McCann, 2017). Another way is having a judgement about the speaker and their message, and most often occurs when the other person is speaking about a topic we feel strongly about (McCann, 2017).

These concepts are important to me because they apply to my personal relationships and improving on them will improve my mindfulness when listening to those close to me. One thing I didn’t know before this assignment was the concept of an agenda. I’d never really given thought to how my intentions could impact my listening. The implications from the video concepts will influence me in the future to be more conscious of my habits when listening. This will especially be useful in the workplace when I meet new people, so that I may put the agenda aside and be a more careful and open listener.

**References**

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