

# 31-Day Listening Challenge for LISTENING CHAMPIONS<sup>®</sup>

*"I love to listen because your voice matters."*



<b>DAY 1</b>	Make plans for your campaign. The theme is "I Love to listen because your voice matters."
<b>DAY 2</b>	Start a "listening journal" where participants write down what they hear when they listen to someone else speak.
<b>DAY 3</b>	Share a TED talk or podcast about the importance of listening.
<b>DAY 4</b>	Set a goal to listen to someone who you may not normally listen to.
<b>DAY 5</b>	Listen to a different genre of music than you normally would.
<b>DAY 6</b>	Share a personal story about a time when someone listened to you and it made a difference.
<b>DAY 7</b>	Take a listening walk and try to identify all the sounds around you.
<b>DAY 8</b>	Practice active listening by repeating back what someone has said to you to ensure you heard it correctly.
<b>DAY 9</b>	Listen to someone who has a different opinion than you without interrupting.
<b>DAY 10</b>	Share a quote about listening and why it's important to you.
<b>DAY 11</b>	Write a letter to someone thanking them for listening to you in the past.
<b>DAY 12</b>	Listen to a child's story without interrupting or correcting them.
<b>DAY 13</b>	Try to identify the emotions behind what someone is saying.
<b>DAY 14</b>	Share a favorite song that has meaningful lyrics.
<b>DAY 15</b>	Ask someone to tell you about their favorite childhood memory and listen without judgement.
<b>DAY 16</b>	Have a silent meal with a friend or family member and listen to the sounds of the meal.
<b>DAY 17</b>	Share an article about the benefits of listening.
<b>DAY 18</b>	Attend a community event and listen to the speakers.
<b>DAY 19</b>	Practice mindfulness meditation and focus on listening to your breath.
<b>DAY 20</b>	Listen to a language you do not understand and try to identify any familiar words.
<b>DAY 21</b>	Pray or meditate about how your listening will made a difference.
<b>DAY 22</b>	Listen to a person who is usually quiet and reserved without interrupting.
<b>DAY 23</b>	Attend a live music performance and listen to the musicians.
<b>DAY 24</b>	Share a personal experience of when you felt truly heard and understood.
<b>DAY 25</b>	Listen to a different accent and try to identify where it's from.
<b>DAY 26</b>	Ask someone to tell you about their favorite hobby and listen with interest.
<b>DAY 27</b>	Listen to a friend or family member's worries and offer support without judgement.
<b>DAY 28</b>	Share a book or article that has helped you become a better listener.
<b>DAY 29</b>	Listen to a nature soundscape and try to identify the different sounds.
<b>DAY 30</b>	Practice empathetic listening by imagining yourself in the other person's shoes.
<b>DAY 31</b>	Celebrate I Love to Listen Day by sharing listening greetings at home and around the world.

