Think Fast
Talk Smart

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Key Takeaways

Go Beyond Thanks

Make gratitude more meaningful by sharing the impact someone had on you.

Write It Out

Writing an emotionally charged letter can help release what you've been carrying.

Listen to Understand

Deep listening means quieting your inner chatter and staying present.

Activity 1

Write a Deeper Thank You

Choose someone you appreciate. Instead of thanking them only for what they did, describe how it affected you, what it reminded you of, or why it mattered. What did you notice when you focused on the impact instead of the gesture?

Activity 2

Write and Release

Write an uncensored letter about something that's been frustrating or weighing on you. Don't send it. When you're finished, decide whether to keep it, destroy it, or use it to clarify what you want to say. What did you understand or feel differently after getting it out of your head?

Activity 3

Hold the Moment

In your next conversation, focus on listening without planning what you'll say next. If your thoughts wander, gently return your attention to the speaker. What did you notice when you listened without preparing your response?

Today's Tip: Listen With Your Body

When you notice yourself preparing a response or feeling defensive, try opening your hands or relaxing your posture. A physical cue can remind you to slow down, stay present, and receive what the other person is saying.