

Name _____

Mastering the Art of Focus: Listening to Directions with Precision

Short Answer

1. Explain why maintaining eye contact is important when receiving directions.
2. How can practicing mindfulness techniques enhance your ability to stay focused and attentive when listening to directions?
3. Describe a situation where asking for clarification when receiving directions would be beneficial. What would you ask for clarification on?
4. Why is it responsible to paraphrase or repeat the directions back to the speaker in your own words?
5. How can staying positive impact your ability to stay focused and attentive when someone is giving you directions?

