



CHAPTER THREE

Be Present During Conversations

To **converse** means to talk with other people. Conversations are the best way to connect. People talk about interesting things. They share ideas. They share feelings. They share thoughts. This sharing makes us feel connected.

Mindful conversing means being present during conversations. Give the speaker all of your attention. Be a good listener. Be a good friend.

Put away your devices. Don't text while someone is talking. This is rude. It means you're not in the present moment. You're somewhere else. Give your attention to the speaker.



.....▶ **Tip:** Avoid distractions. Pick a space that allows for good conversation.