

How to read your friends mind: (Duplicate this doc)
Using the Listen Capture Action Framework:



Name _____

Top 2 love languages: (Underline or **Highlight**)

Words of affirmation

Physical touch

Acts of service

Quality time

Gifts

Favorite Snack _____

Favorite Coffee _____

Favorite Restaurant _____

Favorite Movie _____

If you received a christmas list:

birthday list:

other Wants/Desires/Needs:

Put that here:

Examples: For words of affirmation - handwritten card, Text, or phone call using the [FBI framework \(Feeling Behavior Impact\)](#)

Physical touch - if you know someone loves being hugged. Make sure when you see them you give them a hug. you can also do high fives. That's great to build trust..

Acts of service: Simple things: Mow the yard. Take out the trash. Clean the Kitchen. Clean the Car. Carry things. Help with moving.

Quality time: Take a walk. Phone call. Facetime. Hike. go to coffee.

Gifts: Random Venmo while they are on vacation. Send Boba. Uber eats their favorite food or drink (why you capture this information)

P.S. Not sure how to use this or need more examples: Read this and subscribe for more examples. <https://danielbaarns.beehiiv.com/p/how-i-read-minds-listen-capture-act>

P.P.S. Want to take this one step further? Join us for the [5 Days of friendship](#). 5 Days to help you install this way of thinking in your life through the Listen capture action framework.

