# I ENJOY BEING SOCIAL

I am a social creature. I enjoy interacting with others.

I spend time with family and friends. I make our relationships a top priority. I express my thanks and appreciation. I show affection. I let my loved ones know how much they mean to me.

I make new friends. I invite interesting acquaintances out for coffee. We tell our stories and explore shared interests.

I network consistently. I stay in touch with my old bosses and coworkers. I attend conferences and workshops. I volunteer at the local chapter of my professional association.

I connect with others online. I provide helpful information and encouraging comments in online discussions.

I enjoy meaningful conversations. Discussing my feelings helps me to deal with challenging situations. Talking about my goals clarifies my vision and increases my accountability.

I exude friendliness. I smile and make eye contact. I stop and greet my neighbors while I walk my dog or mow my lawn. I chat with strangers at airports and diners.

I try to make others feel comfortable and included. I give my full attention to them when they are speaking. I care about what they have to say.

Today, I deepen and extend my connections with others. My relationships make me feel happy and fulfilled.

# REFLECTION QUESTIONS

1. How can I prioritize spending time with family and friends in my schedule?

2. What are some ways I can make new friends and expand my social circle?

3. How do meaningful conversations and connections enhance my happiness?