

## I EXUDE CONFIDENCE IN ANY SOCIAL ENVIRONMENT

My social skills are exceptional. I have developed my social skills throughout my life. While my skills may have been lacking in the past, they are now robust. I welcome any chance to interact with others.

People enjoy conversing with me. I know how to make others feel valued, at ease, and heard. People gravitate toward me at social events.

I strive to uplift the people I interact with. I leave every person feeling better than I found them. I possess charisma.

My adaptability is what makes me feel comfortable in any social setting. I can adjust my approach to fit any environment. Whether it is a formal gala, a work function, or a casual gathering, I feel relaxed and self-assured. I can handle any social occasion.

I enjoy meeting new people, and they enjoy meeting me. It comes naturally to me to initiate conversations with strangers and to maintain them. Everyone is just a potential friend.

Each conversation I have broadens my horizons and adds value to my life.

Today, I am expanding my social circle. I feel even more confident than usual in social settings. I am excited about forming new relationships and making new connections. I am comfortable in all social environments.

## REFLECTION QUESTIONS

**1**

In what types of social situations do I struggle to feel at ease? Why is that?

**2**

How can I manage my anxiety in unfamiliar social environments?

**3**

Who is the most socially adept person I know? What can I learn from them?