

Extrovert

**Feel Alive and Energized
Around Others**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are feeling outgoing and energized in social situations. See this from as many perspectives as you can.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more and more extroverted. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I am outgoing

I love talking to people

I love expressing myself

I am extroverted

I love being in public

I love being the center of attention

I always start conversations

I am comfortable and outgoing

I am relaxed in social situations

I like being with people

I like people

I like being around people

I like talking to people

I like expressing myself with people

I like making people laugh

I love telling stories

I love expressing my emotions

I am naturally outgoing

I am a fantastic conversationalist

I am friendly

I am kind

people like me

people look up to me

people admire me

people like talking to me

people like being around me

people look forward to me

people enjoy being with me

people enjoy my presence

people enjoy my companionship

people enjoy my friendship

people value my friendship

people value my presence

people value my insight

people value my conversations

I love meeting new people

I love starting conversations with strangers

I love expressing myself to strangers

You are outgoing

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