

# JOURNAL PROMPTS

WHY DO YOU WARM TO  
SOME PEOPLE?

And how can you use that knowledge  
to be like that, too?





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Think of some people you enjoy being around. List them here.

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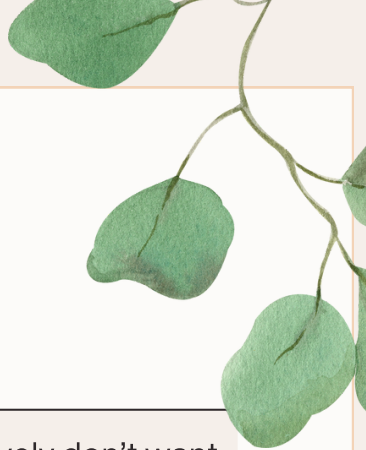
Write some reasons why you enjoy each person's company. Be as specific as you like.

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Think about people you warmed to from the first moment you met them. Do you know why you felt that way? List the reasons here.

Look back over all the reasons why you like people. Do you do any of these things? If not, what is stopping you?



Look at it from the opposite angle. Are there any people that you instinctively don't want to be around?

List reasons why. Do you do any of these things, too? If so, how could you change your behaviour so that you become someone you would like to be around?