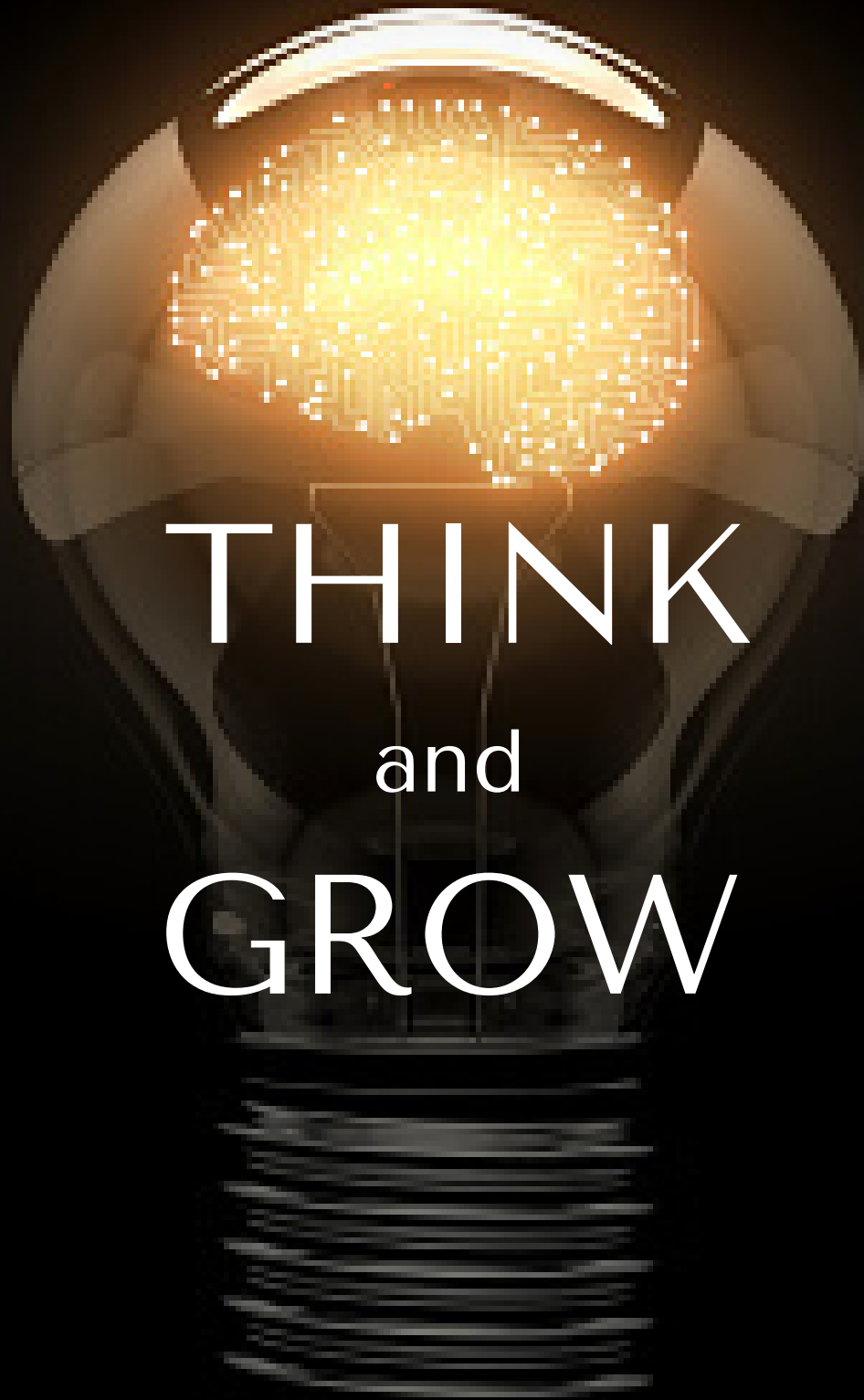


The Workbook



THINK  
and  
GROW

LESSON EIGHT

**Recommended Reading: TAKE INVENTORY OF YOURSELF PAGES 177-180**

Analyze yourself carefully to see which of the following obstacles to a pleasing personality you may possess. Be honest, as the point of this exercise is to create self-awareness – by learning what your obstacles are, you can then take necessary steps to remedy them in your daily interactions with others.

**Negativity**

Inflexibility – losing your cool when a situation or circumstances change

Insincere – cheating, stabbing others in the back, gossiping about others

Indecisiveness – overthinking important decisions

Uncourteous – not helping people, being selfish

Lack of tact/rudeness

Interrupting other people when they speak

Constantly talking about yourself

Asking useless questions to make others feel dumb

Getting too personal too quickly

Bragging

Offering unsolicited opinions

Continuously challenging other people

Criticizing others

Not being able to control your tongue

Vanity

Desire for revenge

Intolerance

Losing your temper

Not smiling often

Intolerance of others

Dishonesty

Lack of interest in others

Arrogance, vanity, and egotism

A weak handshake

---