

## Personality

### Description

Personality

Extroversion- sociability & positive emotion (choose friends wisely)

Neuroticism- mood instability & sensitivity to negative emotions (lessen)

conscientiousness- discipline to do what wish (atomic habits)

agreeability- warm & friendly

openness- curiosity learn & try new

Be Who You Want: Unlocking the Science of Personality Change by Christian Jarrett

### Category

1. Uncategorized

### Date Created

February 2023

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