

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

default watermark

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

Category

1. Uncategorized

Date Created

February 4, 2023

Author

biggs