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Meeting new people is a common occurrence in my life. My life is enriched when others find me interesting and friendly, so ***I behave in ways that ensure others find me interesting, polite, and easy to talk to.***

Sharp social skills and positive body language are very important in first impressions.

Smiling, making eye contact, and extending my hand to those I meet helps them feel welcome and lets them know that I am comfortable with myself as well as with them. My voice has a friendly, conversational tone.

An important part of making a good impression is having a pleasing appearance. When I care about how I look, I feel better and behave in more positive ways. My personal hygiene is meticulous. I take care of my skin, hair, and teeth. My clothes are neat and clean. If necessary, I iron them to enhance my appearance.

When I feel positive about how I look, I stand up taller, walk with confidence, and feel good about myself. My

self-confidence becomes an aura around me. As a result, new acquaintances seem to like me.

Today, I take conscious steps to make positive impressions on new acquaintances. I know I can earn their respect and positive thoughts towards me.

Self-Reflection Questions:

1. What kind of impressions do I make on new acquaintances?
2. What are my thoughts whenever I meet someone new?
3. Taking a look at my personal appearance and behaviors, are there any aspects of them that I can work on to make a better first impression?