**Science of Happiness and Well-Being**

Action Plan on Improvement of Various Aspects

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**17CS30022**

**Action plan on improving personality traits:-**

**1)** After attempting the questions in this section, I realized that I am seriously disappointed with my introvert nature. But improving my extroversion first requires me to address the problem of me lacking the initiative to make new friends and considering social contacts as unimportant. I have until now been very picky with choosing my friends, but now I realize that making new friends might help me to open up to people and sharing my problems. So, here on, I will actively try to make new friends and thus improve my social life.

**2)** I usually consider myself an emotionally stable and a vigilant person. After taking up this section of the questionnaire, I received conformation of the very fact. And thanks to my curious nature, I am open to explore new things.

Though my extroversion score is not quite up to the mark I am working on my nature to be more inclined to opening up to people and thus trying to suppress my introvert nature.

And finally my agreeableness score is even below average, though I am not that surprised with it. Though I am quite reserved with other people, among my friends, I am quick to point out mistakes and keen to express my opinions. Though I am not worried about this habit among my friends I fear this habit might leak outside in the process of interacting with more people. So, I think I should have my critical nature under control which means I have to focus mainly on thinking before speaking as I am often known to do otherwise.

**Action plan on improving emotional intelligence:-**

**3)** I have always known that, compared to others around me, I really don’t let my emotions rule me. I know what state of my mind I am in and can usually reason with my emotions and have it under control quite quickly. Though, there is still a minute room of improvement, I am quite satisfied with my internal emotional state and its regulation

The only thing that I am quite lacking is the fact that I am almost oblivious to the emotional state of the people around me. One thing I can do is start observing my friend’s behavior as they travel through their various emotional states as behavior is a key to their emotional state. And from that I can develop a similar intuition for others too. Another way to tackle this problem would be for me to ask my friends who are quite good at sensing the emotions of others to help me out. The lack of such an important ability leaves my confidence shaking.

**Action plan on improving my charisma:-**

**4)** I am quite surprised from the outcome of this section. Though I know I am not that high in the affability scale, I didn’t expect myself to be influential despite that. But thinking back, in fact, I am actually a person who has a presence in the room and doesn’t shy away from responsibility. The little room left for improvement has probably to do with my affable nature. The main reason for this is my lack of social experience which I am currently working on. Other than that, sometimes I don’t pay much attention to my surroundings, leading to undesirable actions in that field. I realize I have a huge scope of improvement in my charisma, but I think this will take care of itself as soon as I address the above problems.