

DAY 18

We live in a society whether we like it or not.

So no one can say that our communication with people is unimportant, can they? We are all social beings and our relationships with people affect many areas of our lives. When we are in good relationships, we feel more energetic, alive and happy.

So today we're going to focus on human relationships.

What would your communication with people look like if you were in your ideal state?

How would you behave toward them? How would you talk to them? Would you say "Good morning" to your colleagues / classmates you met in the morning? What kind of expression would you have? What would your body language, tone of voice be like? Would you be a kinder, gentler person? Or a more lively, energetic, cheerful person?

Maybe both!

Would you make eye contact when you speak? I'm sure you would. That's it. Focus on your communication with people today. I think it will be a great experience for you! Don't forget to write your experience on the worksheet. See you tomorrow!

Tasks:

- Throughout the day, in human relationships and in communication with people, try to communicate like your ideal you. Write your experiences on the worksheet.
- Listen to your affirmation before you go to sleep at night.

