



Learning About My Personality

Grab your girl and go for some fro yo! Talk through the video that you watched, or watch it on your phone together. Chat through these questions.

1. Which do you think you are - an introvert or extrovert?
2. Which parts of this personality did you really connect with in Lisa's teaching?
3. How is it helpful to know about both of these personalities?
4. Who do you know who is an extrovert?
5. Who do you know who is an introvert?
6. What are the best ways to make friends with and be a friend with an extrovert?
7. What are the best ways to make friends and be a friend with an introvert?
8. What areas with your personality would you like to grow in and learn more?
9. What parts of your personality are frustrating to you?
10. What are the best parts of your personality?

You are awesome!

GIRLTRIBE

NATION