



## RELATIONAL TRAIT WORKSHEETS

This document is designed to guide you through a series of reflective worksheets focused on identifying and strengthening your relational traits. These traits play a crucial role in your ability to navigate challenges, build relationships, and foster personal growth. By completing each session, you will gain a deeper understanding of your unique qualities and how they can be developed to support identity, purpose, resilience, and success.

### **Session 1: Take the Identity Assessment**

*Relational is your 'Primary' or 'Secondary' Trait (circle)*

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# RELATIONAL CHARACTER TRAITS WORKSHEET

You are outgoing, energetic, and friendly. You are enthusiastic about life and what it has to offer. You see the world as full of potential and are eager to pursue it. You enjoy stimulation from other people and environments, and you naturally gravitate to busy and active places. You express yourself easily and like to talk.

## Key Characteristics

- **Outgoing and Sociable:** As an extravert, you are often described as an outgoing and sociable individual who enjoys being around people and engaging in social activities. You tend to feel energized and rejuvenated in the presence of others.
- **Talkative and Expressive:** Relational people are generally talkative and expressive, readily sharing their thoughts, feelings, and ideas with others. They may be comfortable engaging in small talk and are often seen as approachable.
- **Adventurous and Open to New Experiences:** Highly relational people are often willing to try new things and embrace novel experiences. You may be more open to taking risks and seeking out excitement and adventure than others.
- **Leadership and Assertiveness:** You often demonstrate assertiveness and other leadership qualities. Relational people may take charge in group situations and be comfortable leading and directing others.
- **Positive and Optimistic:** You generally have a positive outlook on life and may be optimistic about the future. Relational individuals may find it easier to see the brighter side of situations and approach challenges with a can-do attitude.
- **Emotional Expressiveness:** Relational people are often more expressive with their emotions and may show their feelings openly. You may also be more comfortable displaying affection and warmth towards others.

## Jesus' Teachings

It's important to note that interpretations of religious teachings can vary among individuals and denominations, but here are some ways in which the above characteristics may relate to Jesus' teachings.

- **Outgoing and Sociable:** Jesus was known for His interactions with people from all walks of life. He frequently engaged with crowds, disciples, and even those considered outcasts or sinners. His sociability allowed Him to spread His message and touch the lives of many.
- **Adventurous and Open to New Experiences:** Throughout His ministry, Jesus challenged social norms, interacted with marginalized groups, and performed miracles, displaying a willingness to embrace new experiences and transcend traditional boundaries.
- **Leadership and Assertiveness:** Jesus showed leadership qualities in guiding His disciples and followers. He conveyed his teachings with conviction, often referred to as "speaking with authority" in the Bible.
- **Positive and Optimistic:** Jesus' teachings emphasized hope, faith, and love. He preached about God's kingdom, offering hope for a better future and encouraging his followers to have faith in God's love and plan.
- **Emotional Expressiveness:** Jesus demonstrated deep compassion, empathy, and emotional expressiveness in His interactions, such as when He wept over the death of Lazarus or showed compassion for the sick and suffering.

**Character Journaling Prompts & Notes**

**Leadership Roles and Spiritual Influence:**

- How do you perceive your role in leadership positions within spiritual communities, and how does leading others align with your spiritual values and beliefs?

**Spiritual Excitement and Adventurous Pursuits:**

- In what ways do you infuse your spiritual journey with excitement and adventure, and how do these experiences contribute to your spiritual growth and understanding?

**Collaborative Spiritual Endeavors:**

- Can you share a meaningful spiritual project or initiative you were involved in with others, and how did your enthusiasm and collaborative spirit enhance the spiritual outcome?

**Spiritual Relationship Building:**

- How do you approach building and nurturing spiritual relationships with others, and how do these connections deepen your spiritual practice and understanding?

**Meaningful Spiritual Gatherings:**

- Can you describe a spiritual gathering or event that was particularly meaningful or uplifting for you, and how did it contribute to your spiritual growth and connection?

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# RELATIONAL SPIRITUAL STRENGTHS WORKSHEET

You are outgoing, energetic, and friendly. You are enthusiastic about life and what it has to offer. You see the world as full of potential and are eager to pursue it. You enjoy stimulation from other people and environments, and you naturally gravitate to busy and active places. You express yourself easily and like to talk.

Relational individuals bring valuable strengths to their spiritual journeys, including sociability, enthusiasm, leadership, communication, emotional expressiveness, and networking abilities. Recognizing and nurturing these strengths can enhance their relationship with God and their contributions to their faith communities.

## Spiritual Strengths

### Sociability and Community Building:

- **Strength:** Relational individuals are often sociable and enjoy connecting with others, which helps foster community and build relationships within their faith groups.
- **Bible Reference:** "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another." (Hebrews 10:24-25, NIV) – This highlights the importance of gathering and encouraging one another.

### Enthusiasm and Joy:

- **Strength:** Their natural enthusiasm and positive energy can inspire and uplift those around them, creating a joyful atmosphere in their spiritual community.
- **Bible Reference:** "The joy of the Lord is your strength." (Nehemiah 8:10, NIV) – This verse emphasizes the strength that comes from joy in the Lord.

### Leadership and Influence:

- **Strength:** Relational individuals often take on leadership roles, using their charisma and outgoing nature to guide and motivate others in their spiritual journeys.
- **Bible Reference:** "But the greatest among you shall be your servant." (Matthew 23:11, ESV) – This verse highlights the essence of servant leadership.

### Communication Skills:

- **Strength:** They are often skilled communicators, making it easier for them to share their faith, testify, and engage in meaningful discussions about spiritual matters.
- **Bible Reference:** "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." (1 Peter 3:15, NIV) – This encourages believers to communicate their faith effectively.

### Emotional Expressiveness:

- **Strength:** Individuals often lead to greater emotional expressiveness, which can deepen worship experiences and foster connection in communal settings.
- **Bible Reference:** "Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness; come into his presence with singing!" (Psalm 100:1-2, ESV) – This encourages joyful expression in worship.

### Networking and Outreach:

- **Strength:** Their extroverted nature allows them to easily network and reach out to others, expanding their community and sharing their faith with new people.
- **Bible Reference:** "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." (Matthew 28:19, ESV) – This commission encourages outreach and spreading the faith.



# RELATIONAL VULNERABILITIES WORKSHEET

Relational individuals are typically sociable, energetic, and assertive. While these traits can lead to many positive experiences, they also come with specific vulnerabilities.

## Vulnerabilities

- **Impulsiveness:** Relational individuals may act on impulse, leading to hasty decisions or actions without fully considering the consequences.
- **Overcommitment:** Their enthusiasm for social activities can result in taking on too many commitments, leading to stress and potential burnout.
- **Need for Social Validation:** Extraverts often seek external validation from others, which can lead to dependence on others' opinions for self-worth.
- **Difficulty with Solitude:** They may struggle with being alone, feeling anxious or bored without social interaction, which can hinder self-reflection and personal growth.
- **Challenges with Deep Connections:** A focus on being outgoing can sometimes lead to superficial relationships rather than deeper emotional connections.

## Jesus' Teachings

By reflecting on these teachings of Jesus, relational individuals can find guidance in addressing their vulnerabilities. Integrating these principles into daily life can promote personal growth, enhance emotional well-being, and foster deeper connections with others.

- **Impulsiveness:** *"But let your 'Yes' be 'Yes,' and your 'No,' 'No.'"* (Matthew 5:37)  
This teaching emphasizes the importance of being intentional with your commitments. Taking time to reflect before responding can help mitigate impulsiveness and ensure decisions align with your values.
- **Overcommitment:** *"Come to me, all who labor and are heavy laden, and I will give you rest."* (Matthew 11:28)  
This verse invites individuals to find rest and balance in their lives. It's a reminder to prioritize self-care and seek a manageable pace, ensuring that you do not overwhelm yourself with too many commitments.
- **Need for Social Validation:** *"For what will it profit a man if he gains the whole world and forfeits his soul?"* (Matthew 16:26)  
This teaching encourages individuals to reflect on what truly matters beyond external validation. Building self-worth from within, rather than relying solely on others' opinions, can foster a healthier sense of identity.
- **Difficulty with Solitude:** *"But when you pray, go into your room and shut the door and pray to your Father who is in secret."* (Matthew 6:6)  
This teaching emphasizes the importance of solitude and personal reflection. Taking time for quiet prayer or meditation can help individuals embrace their own company and foster spiritual growth.
- **Challenges with Deep Connections:** *"This is my commandment, that you love one another as I have loved you."* (John 15:12)  
This commandment encourages deeper, more meaningful connections with others. Focusing on love and empathy in your interactions can help cultivate relationships that go beyond superficiality.

## Other Practical Guidance

### Personal Guidance

- **Practice Mindful Decision-Making:** Before making decisions, take a moment to pause and reflect. Consider the potential consequences and whether the choice aligns with your long-term goals.
- **Set Boundaries for Commitments:** Learn to say no when necessary. Prioritize your commitments based on your values and energy levels, ensuring that you have time for self-care.
- **Cultivate Internal Validation:** Work on building self-esteem that is not solely dependent on others' opinions. Engage in self-reflection, affirmations, and mindfulness practices that reinforce your self-worth.
- **Embrace Alone Time:** Schedule regular periods of solitude to engage in activities you enjoy, such as reading, journaling, or pursuing hobbies. Use this time for self-reflection and personal growth.
- **Focus on Deepening Connections:** Make a conscious effort to cultivate deeper relationships by asking open-ended questions and actively listening to others. Spend quality time with close friends or family.

### Relationship Guidance

- **Communicate Clearly:** Be open and honest with friends and loved ones about your need for social interaction, as well as your desire for deeper connections. Encourage them to share their needs as well.
- **Balance Social Activities:** Aim for a mix of social engagements and quieter moments. Create a schedule that allows for both energetic interactions and peaceful downtime.
- **Practice Empathy:** Be attentive to the needs and feelings of others. Ask how they are doing and show genuine interest in their experiences, especially during group interactions.
- **Accept Differences:** Recognize that not everyone shares your level of extraversion. Be respectful of others' social preferences and adapt your interactions accordingly.
- **Celebrate the Present:** While it's natural to look ahead to future social engagements, practice gratitude for the present moment. Take time to appreciate your current interactions and experiences.

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# RELATIONAL TRAIT NAVIGATING CHALLENGES

You are outgoing, energetic, and friendly. You are enthusiastic about life and what it has to offer. You see the world as full of potential and are eager to pursue it. You enjoy stimulation from other people and environments, and you naturally gravitate to busy and active places. You express yourself easily and like to talk.

## Challenges You May Experience from Yourself and Others

Your communication style and the way you relate to others is extremely important in work settings. Unless you work alone, you will need to navigate many relationships to be successful at work. Your day may include countless interactions with coworkers, supervisors, customers, clients, etc. Although you are innately 'wired' to be outgoing, energetic and friendly; your enthusiasm may, at times, come across to others as talking too much or you may even appear somewhat shallow. You may also lack good listening skills because of your tendency to dominate a conversation. It's helpful to be aware of how your communication and interpersonal style at work can be perceived by others so that you can monitor your behavior.

## How to Effectively Manage Challenges

- **Leverage your outgoing nature:** Utilize your energy and sociability to connect with coworkers, supervisors, and clients. Initiate conversations, engage actively in team activities, and foster a positive workplace environment.
- **Balance enthusiasm with listening:** Avoid dominating conversations and show genuine interest in others' perspectives. Practice active listening by asking questions and respecting others' contributions.
- **Develop self-awareness:** Reflect on how your communication style is perceived and adjust accordingly. Pay attention to feedback and strive for a balance between sharing your thoughts and allowing space for others.
- **Seek feedback:** Actively solicit input on your communication skills from colleagues or mentors. Use feedback to refine your approach and continuously improve.
- **Develop listening skills:** Practice techniques like paraphrasing and asking clarifying questions to enhance active listening. Foster empathy to understand others' viewpoints.
- **Manage boundaries:** Maintain appropriate professional boundaries while being sociable. Respect others' personal space and time to foster positive relationships.

## Jesus' Teachings

By integrating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Balancing your outgoing nature with active listening, self-awareness, and adaptability will enhance your communication skills and strengthen your relationships with colleagues. This alignment with Jesus' principles can lead to a more harmonious and productive work environment.



- **Leverage Your Outgoing Nature:** Jesus exemplified the importance of building relationships, engaging openly with people from various backgrounds (e.g., John 4:7-26, His conversation with the Samaritan woman). Utilize your energy and sociability to connect with coworkers, supervisors, and clients. Initiate conversations and engage actively in team activities to foster a positive workplace environment.
- **Balance Enthusiasm with Listening:** Jesus demonstrated the value of listening to others, as seen in His interactions with His disciples and followers (e.g., Luke 10:38-42, the story of Mary and Martha). Avoid dominating conversations by showing genuine interest in others' perspectives. Practice active listening by asking questions and respecting others' contributions.
- **Develop Self-Awareness:** Jesus taught about the importance of self-reflection and awareness (e.g., Matthew 7:3-5, regarding the log in one's own eye). Reflect on how your communication style is perceived and adjust accordingly. Pay attention to feedback to strive for a balance between sharing your thoughts and allowing space for others.
- **Seek Feedback:** Jesus welcomed questions and discussions from His disciples, encouraging them to engage and learn (e.g., Matthew 16:13-20, when He asked His disciples who people say He is). Actively solicit input on your communication skills from colleagues or mentors. Use feedback to refine your approach and continuously improve.
- **Develop Listening Skills:** Jesus exemplified empathy and understanding in His interactions (e.g., Matthew 9:36, where He saw the crowds and had compassion for them). Enhance your active listening skills by practicing techniques like paraphrasing and asking clarifying questions. Foster empathy to better understand others' viewpoints.
- **Manage Boundaries:** Jesus maintained healthy boundaries, knowing when to withdraw for prayer and reflection (e.g., Mark 1:35). Maintain appropriate professional boundaries while being sociable. Respect others' personal space and time to foster positive relationships and avoid overwhelming them.

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# RELATIONAL LEARNING STYLES

Based on your learning styles, here are the best way to engage and learn from the Bible.

## Primary Learning Style: Auditory



Auditory learners learn best through sound and spoken word. They tend to retain information better through lectures, discussions, podcasts, and listening to explanations or recordings.

### Auditory Learner Resources

As an 'auditory' learner, here are some resources to help you better understand the bible and other concepts.

- **Listen to the Bible from Bible.com at <https://www.bible.com/>**  
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject audio podcasts at <https://bibleproject.com/podcasts/the-bible-project-podcast/>**  
The BibleProject podcast features detailed conversations exploring the biblical theology behind each animated video and series they create.
- **Through the Word audio podcasts at <https://throughtheword.org/platforms/plans/>**  
Understand the Bible in 10-minutes a day with clear and concise plans for every book and audio guides for every chapter of the Bible.

## Secondary Learning Style: Experiential/Active



They learn best through physical activities and hands-on experiences. They prefer learning by doing, such as participating in experiments, using an App, or interactive activities.

### Experiential/Active Learner Resources

As an 'experiential/active' (kinesthetic) learner, here are some resources to help you better understand the bible and other concepts.

- **YouVersion App at <https://www.bible.com/app>**  
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject App at <https://bibleproject.com/app/>**  
Watch, Listen, and Learn - Your guide to the Bible's unified story. On the app, wherever you start is just the beginning.
- **Through the Word App at <https://app.throughtheword.org/>**  
Understand the Bible in just ten minutes a day, with plans for every book and Audio Guides for every chapter.

# RELATIONAL INDIVIDUAL'S RELATIONAL STRENGTHS WORKSHEET

Relational individuals thrive in social environments, bringing energy, enthusiasm, and a natural ability to connect with others. Their sociable, outgoing nature makes them highly effective in building relationships, encouraging group cohesion, and fostering dynamic conversations.

## Relational Strengths in a Community

- **Building Social Connections:** Relational individuals are often the connectors in a community. Their outgoing nature allows them to quickly form bonds with others and introduce people to one another, fostering a sense of unity and belonging.
- **Creating a Lively, Energetic Atmosphere:** Their high energy and enthusiasm can inspire and uplift the entire community. They bring a positive, dynamic vibe that can motivate others to participate and engage more fully in community activities.
- **Spreading Optimism and Positivity:** Their upbeat attitude and optimism can be contagious. In a community, they often serve as morale boosters, lifting the spirits of those around them and helping the group stay positive, even during challenging times.
- **Networking and Resource Building:** Relational individuals are often great at networking and finding opportunities to benefit the community. They enjoy meeting new people, which can lead to valuable connections, resources, or partnerships that can benefit the community.
- **Leadership in Social Engagement:** They are comfortable taking on leadership roles in community activities, especially those that involve social interaction. Their natural charisma and outgoing nature make them effective leaders who can galvanize others into action.
- **Facilitating Collaboration and Teamwork:** They are skilled at bringing people together to collaborate and work towards shared goals. Their sociability makes them effective at rallying others around a cause and facilitating teamwork, leading to stronger group cohesion.

## Jesus' Teachings

Relational individuals are typically outgoing, energetic, and enthusiastic in social interactions. Their relational strengths in a community include their ability to bring people together, foster positive energy, and encourage participation. They are often seen as social connectors and leaders who inspire others through their charisma and inclusiveness. Jesus' teachings emphasize love, connection, and building community, which aligns with the strengths of extraverted individuals who naturally seek to create inclusive and engaging environments.

### Teaching on Building Community, Inclusivity, and Encouragement

One of Jesus' teachings that reflects the relational strengths of relational individuals is His emphasis on loving others and building community through active service and inclusion. In Matthew 5:14-16, Jesus encourages His followers to be "the light of the world," sharing their energy and positivity to uplift and inspire others.

**Matthew 5:14-16:** *"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

This teaching emphasizes the strength of being outwardly focused, sharing one's energy and gifts with others, and being a visible source of encouragement and positivity. Relational individuals are often "lights" in their communities, spreading joy and fostering connection among others.

### Teaching on Inclusivity and Outreach

Jesus consistently modeled inclusivity and outreach in His ministry, gathering people from all walks of life and creating a strong sense of community. One example is the Great Commission in Matthew 28:19-20, where Jesus instructs His followers to actively reach out to others, spreading His message and creating disciples from all nations.

**Matthew 28:19-20:** *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

This teaching resonates with relational individuals who are highly extraverted and naturally inclined toward outreach and connection. It reflects their strength in actively engaging with others, bringing them together, and building community on a larger scale.

### Bible Verse that Represents These Relational Strengths

A Bible verse that aligns with relational individuals is their focus on bringing people together and creating positive environments.

**Hebrews 10:24-25:** *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

This verse highlights the importance of gathering together, encouraging one another, and promoting love and good deeds—strengths naturally demonstrated by relational individuals who thrive in building relationships and fostering community participation.

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# RELATIONAL CONVERSATION STRENGTHS WORKSHEET

Relational individuals thrive in social environments, bringing energy, enthusiasm, and a natural ability to connect with others. Their sociable, outgoing nature makes them highly effective in building relationships, encouraging group cohesion, and fostering dynamic conversations.

## Conversational Strengths

- **Engaging and Enthusiastic:** Relational individuals are often lively and engaging in conversations, making others feel energized and interested. Their enthusiasm for interacting with others creates an enjoyable and dynamic conversational atmosphere.
- **Great at Initiating Conversations:** They are not afraid to start conversations, even with strangers, making them great at breaking the ice and reducing social awkwardness. This makes them effective at helping others feel comfortable and included in discussions.
- **Good at Reading Social Cues:** Their experience in social interactions often gives them a heightened awareness of social cues, allowing them to adjust their approach and tone in conversations to match the situation, making others feel at ease.
- **Expressive and Articulate:** Relational individuals are often very expressive in their communication, using body language, tone, and humor to make conversations livelier and engaging. This expressiveness makes interactions more stimulating and enjoyable.
- **Inclusive of Others' Contributions:** They are skilled at ensuring that everyone has a voice in a conversation. They often draw quieter individuals into the discussion, helping to create a balanced and inclusive conversational environment.
- **Positive and Encouraging:** Relational individuals tend to be naturally encouraging and affirming in conversations. Their positive feedback and energetic responses make others feel valued and appreciated, enhancing the emotional tone of the dialogue.
- **Quick Responders:** Relational individuals tend to think on their feet and are quick to respond in conversations. Their ability to react rapidly to others' comments keeps conversations flowing smoothly and helps maintain the energy of the discussion.
- **Social Leadership in Discussions:** Relational individuals often take the lead in guiding conversations, asking questions, and keeping the discussion lively and engaging. Their leadership helps maintain a structured yet dynamic flow in group conversations.

## Jesus' Teachings

Relational individuals tend to be energetic, engaging, and enthusiastic in conversation and communication. They are typically sociable, skilled at drawing others into discussions, and are often the ones to initiate and sustain lively interactions. Their strengths in communication include building connections, motivating others, and creating inclusive and dynamic conversations. Jesus' teachings often highlight the importance of spreading the message of love, being a light to others, and engaging with people in meaningful ways, all of which align with the communication strengths of highly extraverted individuals.

### Teaching on Engagement, Enthusiasm, and Inclusivity

One of Jesus' teachings that reflects the strengths of relational individuals is His call for His followers to be actively engaged in sharing love and light with others. In Matthew 5:14-16, Jesus encourages His disciples to be visible and active in the world, spreading positivity and light:

**Matthew 5:14-16:** *“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*

This teaching reflects the relational's strength in engaging others, being a source of encouragement, and sharing enthusiasm and positivity in conversations. They naturally bring energy and inclusivity to interactions, helping others feel involved and uplifted.

### **Teaching on Engagement and Outreach:**

Jesus also modeled active engagement with people from all walks of life, encouraging His followers to reach out and connect with others. In the Great Commission, Jesus commanded His disciples to go out into the world and spread the good news, reflecting the relational strength of reaching out and building connections:

**Matthew 28:19-20:** *“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”*

This teaching encourages active engagement with the world, much like extraverted individuals who thrive on reaching out, connecting with others, and initiating dynamic conversations.

### **Bible Verse that Represents These Conversation Strengths**

A Bible verse that aligns with relational strengths, particularly their focus on encouragement, connection, and building others up in conversation, is:

**Hebrews 10:24-25:** *“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

This verse emphasizes the importance of community, gathering together, and encouraging one another, which are central to the communication style of extraverted individuals. They excel in fostering connections and motivating others through positive interactions.

### **Notes**

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